

October 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 Northshore Senior Center	A \$5 donation is suggested for seniors 60 and older. Guests under 60 can enjoy a meal for a \$10 charge. We accept Qwest Cards, cash, or checks paid daily, weekly, or monthly.	Kielbasa w/Tangy Mustard Sauce Sauerkraut Potatoes Roasted Brussels Sprouts Fruits	Chicken Stir-Fry Rice Veggies Salad Fruits	Baked Fish w/Lemon Chili Sauce Rice Vegetables Fruits
BLT Potatoes Salad Fruits	INDIAN LUNCH (VEGETARIAN) Dhal Rice Raita Vegetables Naan Fruits	BBQ Pork Ribs Potatoes Coleslaw Fruits	Creamy Thai Basil Chicken Rice Salad Fruits	Mac n Cheese Veggies Salad Fruits
BBQ Chicken Cauliflower Puree Glazed Sweet Potatoes Salad Fruits	Lamb Roast w/Orange Carrot Gastrique Rice Vegetables Fruits	Shake n Bake Pork Chops Potato Puree Coleslaw Fruits	Ground Beef Tacos Mexican Corn Cilantro Slaw Fruits	Eggplant Parmesan Roasted Chickpea's Pasta Vegetables Fruits
Salmon Tagine (Moroccan Food) Roasted Sweet Potatoes Vegetables Fruits	Spaghetti & Chicken Meatballs Garlic Bread Vegetables Salad Fruits	Ground Beef Stir-Fry Rice Vegetables Fruits	Balsamic Pork Roast Glazed Sweet Potatoes Vegetables Fruits	Chicken Pesto Flatbread Baked Sweet potatoes Salad Fruits
Italian Sausage Tortellini Vegetables Salad Fruits	INDIAN LUNCH (VEGETARIAN) Dhal Rice Raita Vegetables Naan Fruits	Reuben Sandwich Roasted Sweet Potatoes Salad Fruits	Doro Wat (Ethiopian Chicken Stew) Rice Vegetables Fruits	Chicken Taco's Mexican Street Corn Cilantro Slaw Fruits

The menu is subject to change.

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