

Shoreline Lake Forest Park Senior Center.


Monday

Tuesday

Wednesday

Thursday

Friday

			1	2
<p>Arts Festival Breakfast, June 24 & 25, Sat., Sun, 8:30 AM to noon</p> 	<p>Milk choices: Skim, Chocolate, 2% Milk <i>Special thanks to our volunteers for their time and Starbucks & Ivar's for donating their products to Community Dining</i></p>	<p>A \$5 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10.00. Menu is subject to change.</p>	<p>Turkey, Cranberry Sauce and Cream Cheese Sandwich Italian Ravolini Soup Spinach Salad Banana</p>	<p>Yankee Pot Roast Boiled Potatoes carrots, onions, celery Fruit Salad Roll with Butter</p>
5	6	7	8	9
<p>Quiche Lorraine Asparagus Honeydew Melon Roll with butter</p>	<p>Curry Chicken Basmati Rice Cabbage Sauté Peach Chutney Mango Lassi Naan Bread</p>	<p>Ham Steaks with Peach Chutney Baked Squash Tomato cucumber onion Salad, Roll with Butter Fruit</p>	<p>Pork Chop with Applesauce, Hot Slaw with Poppy seed dressing Parmesan Potatoes peaches Roll, butter</p>	<p>Clam Chowder Chef Seafood Salad w/Thousand Island Dressing Roll with Butter Fresh Fruit</p> 
12	13	14	Birthday Lunch 15	16
<p>Tuna Noodle Casserole with Mushroom Sauce and Peas Mixed Green Salad with Tomatoes, Carrots, Dressing Applesauce with Strawberries</p>	<p>BLT with Cheese Greek Lemon and Rice Soup crackers Pineapple</p>	<p>Meatball Sub with Marinara Julienned Peppers and Onions Mixed Melons</p> <p>Flag Day </p>	<p>Salmon & Seafood Lasagna Broccoli with red peppers & onion Fruit salad w/ yogurt Roll with Butter Birthday cake </p>	<p>Taco Salad with Ground Beef, Lettuce, Tomatoes, Cheese, and Corn Tortilla Chips Honeydew Melon</p>
Father's Day Lunch 19	20	21	22	23
<p>BBQ Pork Ribs Mashed Potatoes Pineapple Coleslaw Cornbread Watermelon</p>	<p>Tilapia with Lemon Dill Butter Roasted Potatoes Green Beans Whole Wheat Roll Oranges </p> <p>Summer Solstice 9:24pm</p>	<p>Turkey Burger on a Bun, lettuce, tomato Spinach Bacon Salad with Dressing Banana and Orange Mix</p>	<p>Apricot Ginger Chicken Steamed Peas Lemon Parsley Rice Biscuit with Butter Peaches</p>	<p>Teriyaki Pork with Pineapple Rice, Onion, Celery, Carrots, Peppers Bok Choy</p> <p>Arts Festival Breakfast Saturday, June 24 & Sunday, June 25 8:30-noon</p>
26	27	28	29	30
<p>Tortellini with Pesto Cream Sauce Green Salad Garlic Bread Seasonal Fruit</p>	<p>Chef Salad (ham, chicken, cheese, Egg), Salad Dressing Roll with Butter Summer Vegetable Soup Melon</p>	<p>Open Faced Hot Seafood Sandwich, Tomato Salad with Red Onion & peppers Jell-O with Mandarin Oranges</p>	<p>Home-style Chicken Fricassee Mashed Potatoes Steamed Mixed Vegetable Roll Cantaloupe</p>	<p>Salisbury Steak Mashed Potatoes Sautéed Greens Strawberries and Bananas Bread & Butter</p>