

MEAL TIME 11:45 TO 12:20 May

# May 2017

## Shoreline Lake Forest Park Senior Center Hot Lunch




**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1	2	3	4	Cinco De Mayo 5
<b>Seafood Sandwich</b> Macaroni Salad  <b>Vegetable Soup</b> Assorted Melons	<b>Hamburger</b> on a Bun w/ Lettuce, Tomato, and condiments Roasted Potatoes Citrus Fruit Salad	<b>Turkey Waldorf Salad</b> Roll with Butter  <b>Vegetable Chowder</b> Crackers Tropical Fruit	<b>Linguini Pasta with Red Clam Sauce</b> , cheese Mixed Green Salad Cucumber & Olives Dressing Garlic Bread Bananas	<b>Pork Chili Verde</b> Spanish Rice Roasted Vegetable Auga Fresca Warm Tortilla Flan
8	9	10	11	12
<b>Quiche Ham, Cheese, Broccoli</b> Spring green Salad w/ tomato, croutons dressing Roasted Potatoes Fresh Fruit Salad	<b>Turkey Meat Loaf</b> BBQ Baked Beans Sautéed Mixed Greens Fresh Oranges	<b>Citrus Sage Chicken</b> Wheat Berry Salad Broccoli Roll Assorted Melons	<b>Japanese Chicken Katsu</b> Roasted Sweet Potatoes, mixed Vegetables Fruit Salad, Roll with Butter	<b>Sheppard's Pie</b> Romaine Salad w/ tomato & dressing Roll with Butter Peaches   <b>Bingo Night</b>
15	16	17	18	19
<b>Chicken with Gravy</b> Mashed Potatoes with Caramelized Onions, Roasted Cauliflower, Banana Roll	<b>Macaroni and Cheese,</b> Ham Steak Buttered Broccoli Cantaloupe	<b>Tuna Salad Sandwich</b> with Lettuce, Tomato <b>Cream of Mushroom Soup</b> Apricots & Strawberries  <b>Cooking class</b>	<b>Orange-Fennel Pork Cutlet</b> Glazed Peas and Mushrooms Barley Pilaf Roll with Butter Birthday Cake 	<b>Sloppy Joe</b> on a Bun Baked beans Green Salad Berry, Orange Fruit Mix
22	23	24	25	26
<b>Stuffed Peppers</b> Couscous Steamed Broccoli Roll with Butter Oranges	<b>Caribbean Chicken</b> Cumin Rice Mixed Vegetables Roll with Butter Pineapple	<b>Chicken burger</b> On a Bun French Fries 4 Bean Salad Raspberry Jell-O with bananas	<b>Adobo Pork</b> Jasmine Rice Egg Roll, Fresh Tropical Fruit, Green Salad	<b>Teriyaki Beef</b> with Rice, Oriental Vegetables Roll Pear
29	30	31		
<b>Closed- Memorial Day</b>  	<b>Monte Cristo Sandwich</b> Potato Salad Assorted Melons	<b>Chicken burger</b> On a Bun French Fries 4 Bean Salad Raspberry Jell-O with bananas	<b>Milk choices: Skim, Chocolate, 2% Milk available</b> <i>Special thanks to our volunteers and Starbucks &amp; Ivar's for donating their products to Community Dining</i>	A \$5 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10.00