




# SESSC SEPTEMBER 2017 HOT LUNCH MENU

Mon	Tue	Wed	Thu	Fri
				<b>1</b> Smothered Liver with Onions Mashed Potato Broccoli Roll with Butter
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Labor Day</b> <b>SESSC</b> <b>Closed</b>	Southwest Chicken Brown Rice Pilaf Peas Peaches Roll with Butter	Salisbury Steak Roasted Potato Green Beans Apples Roll with Butter	Tuna Sandwich Tomato Soup Green Salad Yogurt with Berries Potato Chips	Teriyaki Wings Steamed Brown Rice Coleslaw Pineapple Biscuit
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Panko Breaded Cod Macaroni & Cheese Succotash Peaches Cornbread	Pesto Turkey Sandwich with Tomato, Turkey Noodle Soup Broccoli Salad	Meatloaf Mashed Potato Mixed Vegetable Berries Roll with Butter	Lemon & Dill Baked Salmon, Rice Pilaf, Chef's Special Veggies Ice Cream	Baked Garlic Lime Chicken Wings Cilantro Rice Coleslaw Grapes
<b>\$25 Gift Card</b>	<b>19</b>	<b>20</b>	<b>21</b> <b>Birthday Lunch</b>	<b>22</b>
Cheese Burger with Lettuce Tomato & Onion Baked Beans Potato Salad Fresh Fruit	White Chicken Chili with Corn Salad Apple sliced Cornbread	Turkey Swedish Meatballs Egg Noodles Roasted Carrots Fruit Salad	Lemon Garlic Chicken Garlic Chives Smashed Potatoes Roasted Broccoli Roll with Butter 	All Beef Hot Dog Baked Beans Macaroni Salad Orange Slice
<b>25</b>	<b>26</b> <b>Casino Day</b>	<b>27</b>	<b>28</b>	<b>29</b>
Catfish Baked Potato Coleslaw Peaches Cornbread	Breakfast Tuesday Spinach, Cheese Quiche Hash Browns Bacon Orange	Spaghetti Green Beans Green Salad with Apple Slices Garlic Bread	Vegetarian Korma (Curry Vegetables) Steamed Rice Pineapple Naan	Beef Stew Corn Muffin Green Salad Peach Crisp Roll with Butter

All Meals Are Prepared from Scratch

Lunch is Served Monday - Friday  
12:00pm - 12:45pm

Menu is Subject to Change without Notice

**Cost: \$5.00 Suggested Donation for Age 60+ \$10.00 for All Others**

Southeast Seattle Senior Center - 4655 S Holly St, Seattle, WA 98118 206-722-0317 [www.sessc.org](http://www.sessc.org)

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