

August 2019 Menu - Renton Senior Activity Center

*Our home-style meals are prepared on-site and made fresh daily.
Sometimes we must make substitutions. Milk is offered at every meal.*

Questions? Please contact Chef and Site Coordinator Charles Turner of Sound Generations at (425)-254-1128

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
We accept Cash Check or EBT Cards Please Have Correct Change	A \$4 Donation is Suggested for diners 60 and older Persons under 60 can enjoy a meal for \$10		½ Roast Beef Sandwich Clam Chowder w/Oyster Crackers, Lettuce & Tomato, Apples	Cobb Salad w/Turkey Fresh Romaine, Tomatoes, Cheese, Eggs & Red Onion Bread w/Butter Fresh Fruit NATIONAL ICE CREAM SANDWICH DAY
5	6	7	8	9
Chili Dog On Bun w/Cheese & Onions Roasted Potatoes Green Salad Fruit	Stuffed Bell Peppers w/Ground beef, rice, onions, garlic Fresh Green Salad Fruit	Cheese Ravioli w/ Meat Sauce Garlic Bread Green Salad Pineapple	Beef Stroganoff w/Mushrooms & Egg Noodles Citrus Glazed Carrots Cinnamon- Applesauce	Roast Beef Sandwich On Wheat Broccoli Salad Apple slices Cookie
12	13	14	15	16
Herbs Roasted Chicken w/Oven Roasted Gold Potatoes, Broccoli Three Bean Salad Fruit	Clam Chowder w/ Oyster Crackers ½ Turkey Sandwich on Wheat, Lettuce, Tomato Applesauce	Greek Lamb Gyro On Pita Bread w/ Tzatziki Sauce Lettuce & Tomato Fresh Fruit	Meat Loaf w/Garlic Mashed Potatoes Green Beans Fresh Green Salad Fruit	Chef Salad w/Turkey Egg, Cheese Fresh Tomato & Croutons Fresh Fruit Bread w/Butter
19	20	21	22	23
Chicken Salad Sandwich on Wheat Fresh Green Salad Baked apples	Shrimp Fettuccine Alfredo Garlic Bread, Green Salad, Fruit, Dessert National Senior Citizen Day	French Dip on Hoagie Roll w/Au Jus Roasted Potatoes Green Beans Pineapple	Sweet & Sour Chicken w/Pineapple & Bell Pepper Steamed Rice Sautéed Vegetables Peaches	Beef & Bean Chili w/ Honey Butter Cornbread Fresh Spring Greens Fruit Salad
26	27	28	29	30
Turkey Spinach Salad w/Red Onion Cheese Croutons Raspberry Dressing Fresh Fruit Bread w/Butter	Sloppy Joes on Bun Green Salad Seasoned Green Beans Pound cake Fresh Fruit	Smoked BBQ Chicken w/Baked Beans Coleslaw Honey Butter Cornbread Peaches	BEEF Taco Salad w/Cheese, Salsa Sour Cream, Corn Chips Cookie Peaches	Shrimp Louie Salad w/Mixed Greens, 1000 Island Dressing, Warm Bread w/Butter Fresh Fruit