

October 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 | 3 | 4 |
| A \$4 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10. | Greek Gyro On Pita Bread w/ Tzatziki Sauce Roasted Red Pepper Hummus, Fresh Romaine, Tomatoes Fruit | Chicken Gravy & Biscuit w/ Peas & Carrots, Roasted Potatoes, Pineapple | Shrimp Fettucine Alfredo Garlic Bread, Green Beans, Fresh Green Salad w/Dressing, Peaches | Chef Salad w/ Turkey Fresh Mixed Greens Egg, Tomato, Cheese& Croutons, Warm Bread, Mandarin Oranges |
| 7 | 8 | 9 | 10 | 11 |
| Hearty Vegetable Soup w/ Potatoes & Peas & Carrots, Kidney Beans, Fresh green Salad w/ Dressing, Warm Bread, Fruit | Stuffed Bell Peppers w/ Ground beef, rice, onions ,garlic Fresh Green Salad Fruit | Chicken Teriyaki Over Rice Asian Vegetables Bread w/ Butter Peaches | Beef Stroganoff w/ Mushrooms & Egg Noodles Fresh Green Salad w/ Dressing ,Bread Pineapple | ½ Turkey Sandwich On Wheat w/ Lettuce ,Tomato Broccoli Salad w/ Dried Cranberries Mandarin Oranges |
| 14 | 15 | 16 | 17 | 18 |
| Chef Salad w/Chicken Boiled Egg, Tomatoes Cheese ,Croutons Red Onion Dressing Warm Bread Pineapple | Tomato Soup w/ ½ Turkey Sandwich w/ Lettuce& Tomato Potato Salad Applesauce | French Dip On Hoagie w/ Au Jus Macaroni Salad Roasted Red Peppers Green Beans ,Fresh Fruit | Beef Lasagna w/ Meat Sauce Fresh Green Salad w/ Dressing Garlic Bread Fruit | Chicken Noodle Soup w/ Peas & Carrots Green Salad Warm Bread & Fruit |
| 21 | 22 | 23 | 24 | 25 |
| Cheese Ravioli w/ Meat Sauce Fresh Green Salad w/ Dressing, Garlic Bread Green Beans Pineapple | Beef Taco Salad Salsa, Sour Cream Cheese & Corn Chips Seasoned Beef Apple Slices | Meatloaf Mashed Potatoes w/gravy, Mixed Vegetables Roll w/butter Garden Salad Pineapple | Sweet & Sour Chicken w/Pineapple & Bell Pepper Steamed Rice Sautéed Vegetables Melon | Chicken Noodle Soup w/ Warm Bread Green Salad w/ Dressing Peaches |
| 28 | 29 | 30 | 31 | |
| Sloppy Joe's On Bun Green Salad w/ Dressing Mixed Vegetables Fruit | Opened Faced Turkey Sandwich Mashed Potatoes w/ Gravy, Green Beans Peaches | Soft Taco w/ Salsa, Sour Cream Lettuce, Tomato Cheese, Tortilla Chips Grapes | Spaghetti w/ Meat Sauce Classic Caesar Salad Garlic Bread, Green Beans Pumpkin Pie w/ Whipped Cream HALLOWEEN LUNCHEON | Please Have Correct Change Available We Accept Cash, EBT or Check |