

November 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
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A \$4 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10.	Please Have Correct Change Available We Accept ,Cash, EBT or Check			Clam Chowder w/ Oyster Crackers Fresh Green Salad w/ Dressing Warm Bread Pineapple
4	5	6	7	8
Pita Bread Pizza w/ Cheese & Pepperoni & Mushrooms Green Salad Peaches	Stuffed Bell Peppers w/ Ground beef, rice, onions ,garlic Fresh Green Salad Fruit	Chicken Pot Pie w/ Peas& Carrots Fresh Green Salad w/Dressing Bread w/ Butter Peaches	Beef Stroganoff w/ Mushrooms & Egg Noodles Fresh Green Salad w/ Dressing ,Bread Pineapple	Chef Salad w/ Turkey Fresh Mixed Greens w/ Dressing, Eggs, Cheese, Tomato Bread, Fruit PEANUT BUTTER MONTH
11	12	13	14	15
CENTER CLOSED Veterans Day CENTER CLOSED	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 ,Italian Vegetables Fruit	Chicken Noodle Soup w/ Peas & Carrots Green Salad Warm Bread & Fruit
18	19	20	21	22
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& Black Beans Apple Slices	½ Roast Beef Sandwich On Wheat Lettuce & Tomato Potato Salad Roasted Red Peppers Fruit	Split Pea Soup w/ Ham Green Salad w/ Dressing Warm Bread w/ Butter Mandarin Oranges	Oven Roasted Turkey w/ Stuffing Cranberry Sauce, Green Beans, Mashed Potatoes Pumpkin Pie THANKSGIVING LINCHEON
25	26	27	28	29
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 Black Beans Fruit	CENTER CLOSED FOR THANKSGIVING HAPPY THANKSGIVING	CENTER CLOSED CENTER CLOSED