


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Tomato Salad Spanish Omelet Potatoes O'Brien Pears Pudding</p>	<p>3 Cucumber Salad Lentil Soup with Rustic Bread Mandarin Oranges Cookie</p>	<p>4 Broccoli Salad Lemon Pepper Pollock Baked Potato Spinach Pineapple</p> 	<p>5 Turn Page Over</p>	<p>6 Tossed Green Salad Baked Chicken Thigh Scalloped Potatoes Green Beans Peaches</p> 
<p>9 Pickled Beet Salad Potato Leek Soup Egg Salad Sandwich Apricots</p> 	<p>10 Tossed Green Salad Meatloaf with Gravy Baked Potato Green Peas Fruit Crisp</p>	<p>11 Tossed Green Salad Chicken Alfredo Mixed Vegetables Garlic Bread Seasonal Fresh Fruit</p>	<p>12 Turn Page Over</p>	<p>13 Spinach Salad Hearty Beef Stew Cornbread Seasonal Fresh Fruit</p>
<p>16 Tossed Green Salad Cheese Pizza with Vegetables Fruit Cocktail Tapioca Pudding</p>	<p>17 Marinated Vegetable Salad Baked Fish Almondine Rice Pilaf Broccoli Applesauce</p>	<p>18 <i>Oktoberfest</i> Bratwurst with Sauerkraut and Peppers/Roll Bavarian Potato Salad Apple Strudel</p> 	<p>19 Turn Page Over</p>	<p>20 Coleslaw Salisbury Steak with Gravy Baked Potato Fresh Greens Seasonal Fresh Fruit</p>
<p>23 Cucumber Salad Split Pea Soup Grilled Cheese Sandwich Peaches</p>	<p>24 Pea and Cheese Salad Sloppy Joes Baked Beans Seasonal Fresh Fruit</p>	<p>25 Spinach Salad Roast Pork with Apples Sweet and Sour Red Cabbage Baked Sweet Potato Pears</p>	<p>26 Turn Page Over</p>	<p>27 Clam Chowder Chicken Caesar Salad Bread Stick Seasonal Fresh Fruit</p>
<p>30 Beet Salad Macaroni and Cheese Green Beans Fruit Cup</p>	<p>31 <i>Halloween</i> Swamp Grass Salad Bloody Chicken Fingers Vampire Repelling Garlic Fries Bobbing Apples Jack o' Lantern Bar</p> 			

Edmonds Senior Center Lunch

October 2017 Every Thursday
11:25 – 12:30PM

Cost: The cost to pay for a lunch on Thursday will be \$4.00

Age requirement: There will be no age requirement to have a lunch on Thursday, everyone pays \$4.00.

You don't need to be a member or be over age 60 to have the lunch.

Menu: We will be coming up with some new lunch entrees. If you have ideas, please let Alma know!

Oct 5 – Salad, French Dip With Au Jus, Fries, Fruit

**Oct 12 – Beef Taco Salad Pinto Beans, Tomatoes, Lettuce, Cheese, Chips, Salsa,
Sour Cream, Fruit, Tres Leches Cake**

Oct 19 – Salad, Costco Pizza, Fruit, Cookie

Oct 26 – Coleslaw, Tilapia, Cornbread, Baked Beans, Fruit