






Monday	Tuesday	Wednesday	Thursday	Friday
1 Tomato Salad/Croutons Chili Topped Baked Potato with Cheese Pears 	2 Asian Slaw Sweet & Sour Chicken on Rice Stir Fry Vegetables Mandarin Oranges	3 Broccoli Salad Salmon Roast Potato Medley Seasonal Fresh Fruit	4 Turn Page Over	5 Tossed Salad Roast Pork w Scalloped Apples Stuffing Green Beans Seasonal Fresh Fruit 
8 Cottage Cheese w Pineapple Hearty Lentil Soup Rustic Roll Seasonal Fresh Fruit	9 Tossed Salad Chicken Alfredo on Penne Mixed Vegetables Applesauce 	10 Spinach Salad/Croutons Shepherd's Pie w Mashed Potatoes Dilled Carrots Mandarin Oranges	11 Turn Page Over	12 Tossed Salad French Dip on Hoagie Roll Potato Wedges Seasonal Fresh Fruit
15 Fiesta Salad Spinach Quiche Roast Potatoes Muffin Citrus Sections	16 <i>Oktoberfest</i> Bratwurst with Sauerkraut and Peppers/ Roll Bavarian Potato Salad Apple Strudel 	17 Coleslaw Fish Burger Sweet Potato Fries Seasonal Fresh Fruit	18 Turn Page Over	19 Tossed Salad Beef Macaroni Tomato Casserole Seasonal Fresh Fruit 
22 Tossed Salad Cheese Ravioli with Marinara Sauce Bread Stick Tropical Fruit 	23 Beet Salad Chicken Pot Pie with Vegetables & Biscuit Top Peaches	24 Taco Salad with Beef, Cheese, Rancho, Chips, Salsa and Sour Cream Mandarin Oranges	25 Turn Page Over	26 Cucumber Salad Lemon Pepper Pollock Rice Pilaf Roll Seasonal Fresh Fruit
29 Fruit Salad Spanish Omelet Potato Medley Cookie 	30 Tossed Salad/Crackers Spaghetti & Meat Sauce w Parmesan Cheese Garlic Breadstick Fruit Cocktail	31 <i>Halloween</i> Swamp Grass Salad Bloody Chicken Fingers Vampire Repelling Garlic Fries Bobbing Apples Jack o' Lantern Bar 		

1% milk, roll or bread, and fortified margarine are available with all meals. All fresh produce is subject to availability. Substitutions may be made without notice. Suggested meal donation for eligible persons is \$3.00. For non-eligible persons, cost is \$7.50 per meal

Edmonds Senior Center Lunch

October 2018 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 4 – Salad, Hash Brown Chicken Casserole, Fruit, Cookie

Oct 11 – Cranberry Turkey Croissant Sandwich, Chips, Fruit, Pumpkin Cupcake

Oct 18 – Salad, Costco Pizza, Fruit, Apple Pie

Oct 25 – Salad, Meatloaf, Mashed Potato's W/Gravy, Fruit, Brownie