




Monday	Tuesday	Wednesday	Thursday	Friday
<h1>August</h1>		1 Tossed Salad Chicken Paprikash on Noodles Peas & Carrots Seasonal Fresh Fruit	2	3 Coleslaw French Dip Sweet Potato Puffs Seasonal Fresh Fruit
		6 Fiesta Salad Veggie Burger Lettuce and Tomato Chips Tropical Fruit	7 Southwestern Salad – Chicken Romaine, Cheese, Beans, Corn and Tomatoes in Tortilla Bowl with Fiesta Dressing Mandarin Oranges Lemon Pudding	8 Tossed Salad Spaghetti and Meatballs with Marinara Sauce Capri Vegetables Garlic Bread Peaches
13 Spinach Salad with Hard Cooked Egg, Cheese, Water Chestnuts, Mandarin Oranges and Dressing Breadstick Seasonal Fresh Fruit	14 Breakfast for Lunch Orange Juice Pancakes with Syrup Turkey Sausage Scrambled Eggs Citrus Sections	15 Chef Salad Ham, Turkey, Cheese, Egg, Croutons and Dressing Muffin Sherbet 	16	17 Tossed Salad Beef Lasagna Bread Sticks Seasonal Fresh Fruit
20 Pickled Beet Salad Soup Egg Salad Sandwich Peaches	21 Fish taco with Shredded Cabbage, Tomato, Cheese and Salsa Rancho Beans Mandarin Oranges	22 Spinach Salad Sloppy Joe Potato Salad Seasonal Fresh Fruit	23	24 Asian Slaw Teriyaki Chicken Rice Asian Vegetables Pineapple
27 Tossed Salad Chili in Tortilla Bowl with Cheese and Onion Fruit Cocktail	28 Carrot Raisin Salad Turkey Cranberry Wrap Pears	29 Dijon Chicken Apricot Ginger Couscous Broccoli Seasonal Fresh Fruit	30	31 Meatloaf Scalloped Potatoes Peas & Carrots Seasonal Fresh Fruit

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

August 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!

**Aug 2 – Beef Taco Salad, (Chips, Cheese, Lettuce, Tomato, Salsa, Sour Cream),
Fruit, Tres Leches Cake**

**Aug 9 – Honey Mustard Chicken, Bacon, Avocado Salad, (Tomatoes, Purple Onion,
Hard Boiled Egg, Cheese) Roll, Fruit, Brownie**

Aug 16 – Salad, Costco Pizza, Fruit, Ice Cream

Aug 23 – Broccoli Salad, Chicken Caesar Wrap, Chips, Fruit, Brownie