

May 2017

REDMOND SENIOR CENTER

8703 160th Ave NE, Redmond 98052

425-556-2314

Ticket sales begin at 10 am.

Buy your ticket early -- sometimes we sell out!

Seating opens at 11:45 am, lunch served at 12 noon.

Diners are encouraged to complete their meal by 12:45pm, thank you.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Vegetable Lasagna Green Beans Salad French Bread Pears Brownie</p>	<p>2</p> <p>Lime Fish Salad Zucchini Linguini Breadstick Strawberry Rhubarb Crisp</p>	<p>3</p> <p>Chicken Noodle Soup Ham Sandwich Crackers Strawberries & Whipped Topping</p>	<p>4</p> <p>Beef Stir Fry Rice Asian Vegetables Fortune Cookie Peaches</p>	<p>5</p> <p>BBQ Pork Sandwich Green Beans Appleslaw Oatmeal Raisin Cookie Apricot Nectar</p>
<p>8</p> <p>Cajun Chicken Pasta Green Salad Garlic Breadsticks Mixed Citrus</p>	<p>9</p> <p>Chicken Fried Rice Eggrolls Stir Fried Vegetables Fortune Cookie Mandarin Orange</p>	<p>10</p> <p>Wild Rice Soup Chicken Santa Fe Salad Saltines Berries & Whipped Topping</p>	<p>11</p> <p>Catered India Lunch Reservations Required By May 5 425-556-2345</p>	<p>12</p> <p>Stuffed Bell Pepper Salad Whole Wheat Roll Peach Crisp</p>
<p>15</p> <p>Turkey Pot Pie Mixed Vegetables Apricots Wheat Roll Pineapple-Orange Juice</p>	<p>16</p> <p>Baked Cod Scalloped Potatoes Carrot Raisin Salad Broccoli Tropical Fruit Roll</p>	<p> 17</p> <p>Birthday Lunch Meatball Soup Chicken Salad Roll Plum</p>	<p>18</p> <p>Macaroni & Cheese Brussels Sprouts Wheat Roll Fruit Cocktail Cookie</p>	<p>19</p> <p>Salisbury Steak Mashed Potatoes & Gravy Carrots Spinach Salad Fig Newton Wheat Roll</p>
<p>22</p> <p>Amandine Fish White Potatoes Broccoli Wheat Roll Chocolate Pudding</p>	<p>23</p> <p>Ham Spiral Noodles Winter Mix Vegetables Sourdough Bread Apricots Chocolate Chip Cookie</p>	<p>24</p> <p>Lentil Soup Ham Sandwich Cantaloupe</p>	<p>25</p> <p>Taco Bake Casserole Seasoned Corn Pinto Beans Melon</p>	<p>26</p> <p>Roast Beef Mashed Potatoes Asparagus Roll Fruit Salad</p>
<p>29</p> <p>Closed for Holiday</p> <p></p>	<p>30</p> <p>Chef Salad Breadsticks Peaches Apple Juice Orange Sherbet</p>	<p>31</p> <p>Ground Pork & Rice Casserole Baby Carrots Wheat Roll Kiwi</p>	<p> Sat, May 13 10am - 3pm Pet Adoption, Vendors, Flyball, Trick Contest</p> <p>Well-mannered, house-trained pets on a six-foot or shorter leash are welcome.</p> <p>In and around the RSC All ages welcome!</p>	



Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change. Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized and juices may increase your risk of food borne illness.

Menu items are prepared without additional sodium. CCS uses fresh produce whenever possible. Seasonal fruit is provided on menu where "Fruit" is noted. If you have comments, questions or suggestions regarding our menu, please feel free to call our Lakewood office at (253) 474-1200