

# October 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.

	Tuesday	Wednesday	Thursday	Friday
2 <b>Baked Ham</b> Mashed Potato Green Beans Wheat Roll Melon Apple Juice	3 <b>Fish Burger</b> Spinach Salad Broccoli Orange Wedge Pudding	4 <b>Garbanzo Bean Soup</b> Meatloaf Sandwich Peaches	5 <b>Chicken Cacciatore</b> Stewed Zucchini Pears	6 <b>Grilled Hamburger</b> Sweet Potato Fries Claremont Salad Applesauce
9 <b>Pork Cutlet</b> Potatoes & Gravy Steamed Vegetables Wheat Roll Apricots	10 <b>Chicken Enchilada in White Sauce</b> Tomato & Cucumber Salad Pears Ice Cream	11 <b>Ivar's Clam Chowder</b> Salad Bread Sticks Mixed Berries & Whipped Topping	12 <b>Catered India Lunch</b> Reservations Required By October 6 425-556-2345	13 <b>Philly Cheesesteak</b> Salad Grapes Orange Juice
16 <b>Spaghetti &amp; Meatballs</b> Corn Garlic Bread Pears	17 <b>Grilled Turkey Sandwich</b> Salad Mango & Yogurt	 18 <b>Birthday Lunch</b> <b>Black Bean Soup</b> Spinach Salad Roll Cake	19 <b>Florentine Fish</b> Red Potatoes Zucchini in Stewed Tomatoes Roll Cherry Crisp	20 <b>Chicken &amp; Dumpling</b> Salad Vegetable Blend Tropical Fruit Salad
23 <b>Beef Macaroni</b> Corn Wheat Roll Melon Chocolate Pudding	24 <b>Baked Chicken &amp; Apple</b> Zucchini Linguini Broccoli Wheat Roll Applesauce	25 <b>Split Pea Soup</b> Wheat Roll Mixed Vegetables Streusel Cake Apple	26 <b>Shepherd's Pie</b> Garden Salad Fruit Cocktail Roll	27 <b>Swedish Meatballs</b> Egg Noodles Mixed Vegetables Apricots
30 <b>Chicken, Potato &amp; Pea Salad</b> Carrots Wheat Roll Fruit Cocktail Lemon Bar	31 <b>Pork BBQ Ribs</b> Scalloped Potatoes Broccoli Wheat Roll Pears	 October 7, 14, & 21 • 10am to 1pm RSC Lobby and Fireplace Library Look for the card at the Front Desk for more details.		Suggested contribution \$3 for those over age 60; for those under age 60 the price is \$6. 