September 2015

Ticket sales begin at 10 am.

Buy your ticket early -- sometimes we sell out!

REDMOND SENIOR CENTER

8703 160th Ave NE, Redmond 98052
425-556-2314

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
 Suggested donation $3 for those over age 60; for those under age 60 the price is $6.	1 **Chef Salad** Breadsticks Peaches Apple Juice Orange Sherbet	2 **Meatball Soup** Chicken Salad Roll Plum	3 **Ham Spiral Noodles** Winter Mix Vegetables Sourdough Bread Apricots Chocolate Chip Cookie	4 **Seafood Salad** Tomato Melt Sandwich Chocolate Pudding Strawberries
7 **Closed for Labor Day Holiday** 	8 **Pork Curry** Rice Broccoli Roll Applesauce Cookie	9 **Wild Rice Soup** Chicken Santa Fe Salad Saltines Berries & Whipped Topping	10 **Catered India Lunch** Reservations Required By September 3 425-556-2345	11 **Salisbury Steak** Mashed Potatoes & Gravy Carrots Spinach Salad Wheat Roll Fig Newton
14 **BBQ Pork Sandwich** Green Beans Appleslaw Oatmeal Raisin Cookie Apricot Nectar	15 **Beef Stroganoff** Peas & Carrots Roll Banana	 16 **Birthday Lunch** **Chicken Noodle Soup** Ham Sandwich Oyster Crackers Strawberries & Whipped Topping	17 **Turkey Pot Pie** Mixed Vegetables Apricots Wheat Roll Pineapple-Orange Juice	18 **Chicken Fried Rice** Eggrolls Stir Fried Vegetables Fortune Cookie Mandarin Orange
21 **Vegetable Lasagna** Salad Green Beans French Bread Brownie	22 **Beef Stir Fry** Rice Asian Vegetables Fortune Cookie Peaches	23 **Due to the RSC Volunteer Recognition event, the dining room will be closed** Sandwich lunches available at the ticket window - 11:45 am to 12:30 pm.	24 **Macaroni & Cheese** Brussels Sprouts Wheat Roll Fruit Cocktail Cookie	25 **Amandine Fish** White Potatoes Broccoli Wheat Roll Chocolate Pudding
28 **Ground Pork & Rice Casserole** Baby Carrots Wheat Roll Kiwi	29 **Taco Bake Casserole** Seasoned Corn Pinto Beans Melon	30 **Stuffed Bell Pepper** Salad Whole Wheat Roll Peach Crisp		It is back-to-school time, please drive safely and watch for the children.

Catholic Community Services of Western Washington

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