

Skagit Senior Lunch Menu - September 2010

Anacortes Burlington Clear Lake Concrete La Conner Mount Vernon Sedro-Woolley
 293-7473 755-0102 856-1023 853-8400 466-3941 336-5757 855-1531

* All meals also include a vegetable, salad and/or fruit, dinner roll or specialty bread and milk *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<i>1</i>	<i>2</i>	<i>3</i>
		Baked Eggs with Ham and Cheese served with Hash Browns	Swedish Meatballs over Rice served with Carrot Raisin Salad	CLOSED
<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
CLOSED	Crab Cakes with Tartar Sauce served with JoJo Potato Wedges	Meatloaf served with Mashed Potatoes and Gravy	Baked Ham with Pineapple Glaze served with Scalloped Potatoes	Spaghetti with Meat Sauce served with Caesar Salad and Italian Vegetables
<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>
Herb Baked Chicken served with Cheesy Mashed Potatoes	Salad Trio served with Cottage Cheese and Fruit	Turkey Dinner with Stuffing served with Mashed Potatoes and Gravy	Deluxe Hamburger served with Potato Salad and Baked Beans	NO LUNCH SERVICE - ALL STAFF TRAINING Senior Centers will be open
<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>
Salisbury Steak served with Mashed Potatoes and Gravy	Smothered Beef Tamales served with Spanish Rice and Mexican Corn	Shrimp Louie Salad served with Fruit	Shredded Kalua Pork over White Rice served with Coleslaw	Chicken Cordon Bleu served with Potatoes Romanoff and Birthday Cake
<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	
Beef Stroganoff over Rice served with Broccoli Normandy	Tuna Cheddar Broccoli Pasta served with Italian Green Beans and Caesar Salad	Cajun Chicken Breast with Dirty Rice served with Broccoli Apple Salad	Tomato Vegetable Soup served with a Turkey and Swiss Sandwich	

Meals served at 12:00 pm at most Meal Sites and 12:30 pm at the Concrete Senior Center