

# January 2017 Menu - Renton Senior Activity Center

*Our home style meals are prepared on-site and made fresh daily.  
Sometimes we must make substitutions. Milk is offered at every meal.*

**Questions?** Please contact Chef and Site Coordinator Charles Turner of Sound Generations at (425)-254-1128

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Happy New Year!</b>  <i>Center is Closed</i>	<b>Tuna Casserole w/ Peas &amp; Carrots</b> Green Salad w/ Dressing Bread w/ Butter Fresh Melon	<b>Taco Salad w/ Chips</b> Black Bean & Corn Salad w/ Salsa & Sour Cream Watermelon  <b>National Trivia Day</b>	<b>Chicken Salad Sandwich on Whole Wheat Bread</b> w/ Lettuce & Tomato Split Pea Soup Fruit Salad	<b>Spaghetti w/Meat Sauce</b> Garlic Bread Green Salad w/ Dressing Mandarin Oranges
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Chef Salad w/Ham</b> Chicken, Egg, Tomato Cheese & Dressing Roll Pineapple	<b>Hearty Beef &amp; Vegetable Soup</b> Coleslaw Cornbread Peach Cobbler	<b>Beef Stroganoff Over Noodles</b> Green Salad w/ Dressing Bread w/ Butter Tropical Fruit	<b>Beef &amp; Bean Chili</b> Green Salad w/ Dressing Cornbread Applesauce	<b>Chicken Noodle Soup</b> w/Peas, Carrots <b>½ Tuna Sandwich</b> Poached Pears
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Martin Luther King, Jr. Day</b>  <i>Center is Closed</i>	<b>Beef Lasagna</b> Garlic Bread Italian Vegetables Baked Apples	<b>Spinach Salad w/Chicken, Red Onion, Feta Cheese, Dressing &amp; Croutons</b> Watermelon	<b>Baked Cod</b> Lemon Roasted Potatoes Salad w/ Dressing Oranges  <b>National Popcorn Day</b>	<b>Jambalaya Over Rice</b> Collard Greens Cornbread Fresh Melon
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Sloppy Joe's on Bun</b> Baked Beans Green Salad Peaches	<b>Chicken Curry Over Rice w/ Peas &amp; Carrots</b> Bread w/ Butter Tropical Fruit	<b>Sausage w/Cabbage &amp; Peppers</b> Rice w/ Gravy Cornbread Pineapple	<b>Open Faced Turkey Sandwich w/Mashed Potatoes &amp; Gravy</b> Mixed vegetables Baked Apples	<b>BBQ Pulled Pork Sandwich</b> Baked Beans Coleslaw Watermelon
<b>30</b>	<b>31</b>			
<b>Shepherd's Pie w/ Beef, Peas &amp; Carrots</b> Salad w/Dressing Bread w/ Butter Fruit Salad	<b>BBQ Chicken Sandwich</b> Potato Salad Green Beans Cantaloupe		<b>We accept cash, check or EBT cards.</b> <i>Please have correct change available.</i>	<b>We welcome your feedback. Please fill out a comment card!</b>

Updated Jan 3, 2017