

# AUGUST 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>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
We Accept Check, Cash, EBT Cards Please Have Correct Change	<b>Beef &amp; Bean Chili w/Honey Butter Corn Bread Green Salad Fresh Melon</b>	<b>Roasted Chicken</b> Mixed Vegetables Honey Butter Cornbread Watermelon <b>NAT. Ice Cream Sandwich Day</b>	<b>Clam Chowder w/ Half Tuna Sandwich</b> w/ Lettuce Tomato Fresh Melon	<b>Spaghetti w/ Meat Sauce Garlic Bread</b> Fresh Green Salad w/ Dressing Cookie
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>SOMKEY BBQ Pork Sandwich Baked BEANS Coleslaw Watermelon</b>	<b>Chef Salad w/ Turkey Eggs, Cheese ,Tomato w/ Dressing, Bread w/ Butter Fresh Melon</b>	<b>Chicken Salad Sandwich w/ Lettuce, Tomato Creamy Tomato Soup Pineapple</b>	<b>Pepperoni &amp; Cheese Pizza Fresh Green Salad w/ Dressing Cantaloupe</b>	<b>Beef Taco Salad w/ Chips ,Salsa, Sour Cream, Lettuce, Tomato, Honey Dew Melon Seahawk Luncheon</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>German Sausage w/ Cabbage, Peppers Honey Butter Cornbread Fresh Fruit</b>	<b>Chicken Caesar Salad w/ Half Roast Beef Sandwich w/Lettuce, Tomato, Cookie</b>	<b>Meat Loaf w/ Gravy, Mashed Potatoes Green Beans, Honey Butter, Cornbread Mandarin Oranges</b>	<b>Beef Stroganoff Over Noodles</b> Fresh Green Salad w/ Dressing Bread w/ Butter, Fresh Melon	<b>Baked Chicken Legs w/ Peppers, Onions, Garlic Bread w/Butter</b> Green Beans Pineapple
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>French Dip w/Au Jus On Hoagie Roll</b> Potato Salad w/ Carrots Cookie	<b>Chicken Quesadillas w/Salsa, Sour Cream, Cheese Black Bean &amp;Corn Salad Strawberries</b>	<b>BBQ Smoked Chicken Sandwich, Coleslaw</b> Smokey Baked Beans Fresh Melon	<b>Oven Baked Cod</b> Fresh Green Salad w/ Dressing, Bread w/ Butter Fresh Fruit	<b>Chicken Noodle Soup Half Turkey Sandwich w/ Lettuce, Tomato Cantaloupe</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>Collard Greens w/ Smoked Turkey</b> Baked Chicken Leg Cornbread Melon	<b>Open Faced Turkey Sandwich w/ Mashed Potatoes w/Gravy Green Beans Peaches</b>	<b>Chicken Curry Over Rice</b> Mixed Vegetables Bread w/Butter Fresh Fruit	<b>Spinach Salad w/ Chicken Feta</b> Cheese, Red Onion ,Italian Dressing Fresh Melon	We Welcome Your Feedback Please Fill Out Comment Card