

December 2022 Menu - Renton Senior Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
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Food Allergy Notice Meals May Contain Peanuts, tree nuts Milk, eggs, soy, wheat, fish, shellfish And sesame			Linguini Pasta w/ Beef Meat Sauce Parmesan Cheese Fresh Spinach Salad Warm Bread w/ Butter Sweet Corn, Fruit	Beef & Bean Chili Fresh Green Salad w/Dressing Cornbread Fruit
5	6	7	8	9
Turkey French Dip/w Au Jus on Hoagie Potato Salad w/Black Beans Mixed Vegetables Fruit	Chicken Street Taco w/Cheese, Salsa Sour Cream, Black Beans, Corn Chips Cabbage Salad Fruit	Creamy Chicken Over Biscuit w/Peas & Carrots, Roasted Potatoes, Fresh Green Salad w/Dressing & Black Beans Fruit	Salisbury Steak Mashed Potatoes w/Gravy Mixed Vegetables Green Salad w/ Dressing Bread w/ Butter, Fruit	Split Pea Soup w/ Ham Fresh Green Salad w/ Dressing Warm Bread w/ Butter Fruit
12	13	14	15	16
Chef Salad w/ Chicken, Egg, Tomato Cottage Cheese, Cheese, Red Onion, Bread w/ Butter Fruit	Sloppy Joe on bun Potato Salad w/ Roasted Peppers Green Beans Fruit	Pineapple Glazed Ham Mashed Potatoes w/ Gravy Green Beans Warm Bread w/ Butter Pie.	Polish Sausage on Bun w/ Sauerkraut Potato Salad w/ Red Peppers, Baked beans Fruit	Hearty Vegetable Soup w/ Kidney Beans Peas & Carrots Warm Bread/w Butter Green Salad w/ Dressing Fruit
19	20	21	22	23
Cheese Ravioli w/ Meat Sauce Fresh Green Salad w/ Dressing, Garlic Bread Broccoli Fruit	Beef Stroganoff Over Noodles Green Salad w/ Dressing, Bread w/Butter, Broccoli Peaches	Oven Roasted Chicken Green Beans, Roasted Potatoes Fresh Green Salad w/Dressing Fruit	Cucumber Tomato, Lettuce, Red Pepper Hummus on Pita Bread, Savory Caesar Salad, Boiled Egg Fruit	Creamy Tomato Soup Dressed Green Salad, Black beans Bread w/butter, Cottage Cheese Roasted Potatoes Fruit
26	27	28	29	30
CENTER Is Closed Christmas Day Observed	Center Closed Day After Christmas	Roasted Pork Loin w/ Mashed Potatoes w/Gravy, Green Beans Fresh Green Salad w/ Dressing, Bread w/ Butter Fruit	Smoked Salmon w/Pasta, Zucchini Fresh Green Salad/ w Dressing Fruit	Chicken Noodle Soup/w Peas & Carrots Fresh Green Salad w/ Dressing, Warm Bread w/ Butter Fruit

