

November 2022 Menu - Renton Senior Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Reserve your spot for the Thanksgiving Luncheon on 11/18 and 11/24. 11/18 is \$3 – Bring your money on the day of.	Greek Beef Gyro On Pita Bread w/ Tzatziki Sauce, Red Pepper, Hummus, Lettuce, Tomato Black Beans, Fruit	BBQ Chicken Fresh Green Salad w/ Dressing, Mixed Vegetables Baked Beans Fruit	Linguini Pasta w/ Beef Meat Sauce Parmesan Cheese Fresh Spinach Salad Warm Bread w/ Butter Fruit	Chicken And Rice Soup w/ Peas & Carrots Fresh Green Salad w/ Dressing, Bread w/ Butter Fruit
7	8	9	10	11
Hearty Vegetable Soup , Fresh Green Salad w/ Dressing Bread w/Butter Fruit	Beef Taco Salad w/Cheese, Salsa, Sour Cream, Black Beans, Corn Chips Fruit	Creamy Chicken Over Biscuit w/Peas & Carrots, Roasted Potatoes, Fresh Green Salad w/ Dressing & Black Beans Fruit	Smoked Salmon w/ Penne Pasta Fresh Green Salad w/Dressing Warm Bread w/ Butter Fruit	Center Is Closed Veterans Day No Lunch
14	15	16	17	18
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	Chicken Alfredo w/Pasta Fresh Green Salad Sweet Corn, Warm Bread Fruit	Polish Sausage on Bun w/ Sauerkraut Potato Salad w/ Red Peppers, Baked Beans Fruit	Oven Roasted Turkey Stuffing w/Cranberry Sauce, Green Beans, Mashed Potatoes w/ Gravy, Pumpkin Pie THANKSGIVING LUNCHEON
21	22	23	24	25
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	***** FREE Thanksgiving Day Lunch From Renton Rotary Tickets are available at the front desk. *****	CENTER IS CLOSED DAY AFTER THANS GIVING
28	29	30		
Shepherd's Pie w/ Mashed Potatoes Green Beans Fresh Green Salad w/Dressing Fruit	Old Fashion Tuna Casserole w/ Peas & Carrots, Warm Bread w/ Butter Green Salad Fruit	Roasted Pork Loin w/ Mashed Potatoes w/Gravy, Green Beans Fresh Green Salad w/ Dressing, Bread w/ Butter Fruit		Food Allergy Notice Meals May Contain Peanuts, tree nuts milk, eggs, soy wheat, fish, shellfish and sesame