

Wallingford Community Senior Center

4649 Sunnyside Ave N, Ste. 140

Seattle WA 98103 ~ 206-461-7825 ~ wallingfordseniors.org



Tuesday	Wednesday	Thursday	Friday
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July Menu:

<p>4 CLOSED</p>	<p>5 Chef's Choice</p>	<p>6 Chicken Parm w/ Salad, Cooked Veggies, Bread &</p>	<p>7 Cheese & Pepperoni Pizza, Salad, Cooked Veggies & Dessert</p>
<p>11 Homemade Mac & Cheese w/ Salad, Cooked Veggies & Dessert</p>	<p>12 Pulled BBQ on Soft Buns, Salad, Cooked Veggies & Dessert</p>	<p>13 Cheese Taquitos w/ Fix-ins, Cooked Veggies & Dessert</p>	<p>14 Beef Shepherd's Pie, Salad, Cooked Veggies & Dessert</p>
<p>18 Chicken Stir-Fry, Cooked Veggies, Salad & Dessert</p>	<p>19 Grilled Cheese with Soup, Salad & Dessert</p>	<p>20 Beef Stroganoff, Cooked Veggies, Salad & Dessert</p>	<p>21 Vegetarian Lasagna, Salad, Bread & Dessert</p>
<p>25 Chef's Choice</p>	<p>26 Chicken Alfredo, Cooked Veggies, Salad & Dessert</p>	<p>27 Steamed Dump- lings, Rice, Veggies & Dessert</p>	<p>28 Roast w/ Mashed Pota- toes, Gravy, Salad & Dessert</p>

WCSC Member Price \$5

All others \$7 (Sliding Scale)

Alternate meals available