



# Wallingford Community

SENIOR CENTER

## September Community Lunch Menu

Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Pizza, Salad, Cooked Veggies & Dessert
<b>5</b> Chef's Choice	<b>6</b> Hot Sandwiches, Cooked Veggies, Salad & Dessert	<b>7</b> Grilled Cheese with Soup, Salad & Dessert	<b>8</b> Dumplings, Rice, Cooked Veggies, Salad & Dessert
<b>12</b> Homemade Mac & Cheese w/ Salad, Cooked Veggies & Dessert	<b>13</b> Chicken Taquitos w/ Fix-ins, Cooked Veggies, Salad & Dessert	<b>14</b> Pulled BBQ on a bun, Cooked Veggies, Salad & Dessert	<b>15</b> Eggplant Parm, Cooked Veggies, Salad & Dessert
<b>19</b> Scrambled Eggs w/ Cheese, Bacon, Pancakes, Hash browns, Fruit	<b>20</b> Sandwich, Soup, Salad, Cooked Veggies & Dessert	<b>21</b> Manicotti, Bread, Cooked Veggies, Salad & Dessert	<b>22</b> Roast, Cooked Veggies, Salad & Dessert
<b>26</b> Chef's Choice	<b>27</b> Pork Tenderloin, Cooked Veggies, Salad & Dessert	<b>28</b> Beef Stroganoff, Cooked Veggies, Salad & Dessert	<b>29</b> Chicken Pot Pie, Cooked Veggies, Salad & Dessert

**WCSC Member Price \$5**

All others \$7 (Sliding Scale)

Alternate meals available, all dietary needs & restrictions accommodated  
- 4649 Sunnyside Ave N, Suite 140, Seattle, WA 98103 -