August 2025 Greenwood Senior Center Lunch (206) 297-0875

Meals are prepared from scratch daily. Lunch is served at 12:00p.m. To help ensure lunch availability for all GSC Community Dining participants, please call or sign-up BEFORE 11:00a.m. each day of service. Meals are subject to change without notice.

Monday	Tuesday	Madnasday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6	7	8
11	12	13	14	15
Meatless Monday:	Roasted Chicken		Beef & Pork Meatloaf	VACILAL NAVIALA LA
Black Bean Soup with	Roasted Chicken	Chicken Salad Wraps	Beel & Pork Meatioal	Wild Muckleshoot Salmon
Greens, Carrots, and	Cabbage, Apple, Onion	Chicken Salad Wiaps	Steamed Vegetables	Saillion
Onions	Slaw	Organic Salad	Steamed Vegetables	Roasted Vegetables
Sour Cream	5.4.0	Organic Salaa	Mashed Potatoes	Roustea Vegetables
	Roasted Potatoes with	Fresh Fruit		Rice Pilaf
Corn Bread	Lemon, Rosemary		Organic Salad	
	,			Organic Salad
Organic Salad	Fresh Fruit		Fresh Fruit	
				Fresh Fruit
Fresh Fruit				
18	19	20	21	22
Meatless Monday:		0 1 -		
Vallana Communitate	Chicken Salad Sandwiches	Olsen Farms	Chicken Tortilla Soup	Shrimp Seafood Boil
Yellow Curry with Tofu and Vegetables	Sandwiches	Italian Pork Sausage With Sauteed Onions	Cara Oniana	Detates Corn
Toto and vegetables	Organic Salad	and Peppers	Corn, Onions, Monterrey Jack Cheese,	Potatoes, Corn, Green Beans, Onions
Jasmine Rice	Organic Salad	and reppers	Peas, Green Beans	dieen beans, Omons
Justinie Riee	Fresh Fruit	Mashed Potatoes	r cusy creen beans	Bread
Organic Salad			Sour Cream	
		Organic Salad	Tortilla Chips	Organic Salad
Fresh Fruit		_	·	-
		Fresh Fruit	Fresh Fruit	Fresh Fruit
25	26	27	28	29
Meatless Monday:		-/		-5
medicos monday.	Beef Bourguignon:	Chicken Teriyaki	Braised Pork Burrito	Salad Nicoise:
Penne with			Bowl:	
Chickpea and Mushroom	Bacon, Mushrooms,	Steamed Rice		Roasted Cod
Ragu	Onion, Carrot, Potato		Refried Beans,	Steamed Green Beans,
		Broccoli	Steamed Rice, Shredded	Hard-boiled Egg,
Parmigiano Reggiano	Bread		Cabbage, Radish	Radish, Potato
		Organic Salad		
Organic Salad	Organic Salad	Event Foreit	Organic Salad	Bread
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Garlic Aioli
FIESH FIUIL	FIESH FIUIL		FIESH FIUIL	Garric Alon
				Fresh Fruit