

# 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	Wednesday	Thursday	Friday
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4	5	6	7	8
11	12	13	14	15
<b>Meatless Monday:</b>  Black Bean Soup with Greens, Carrots, and Onions Sour Cream  Corn Bread  Organic Salad  Fresh Fruit	Roasted Chicken  Cabbage, Apple, Onion Slaw  Roasted Potatoes with Lemon, Rosemary  Fresh Fruit	Chicken Salad Wraps  Organic Salad  Fresh Fruit	Beef & Pork Meatloaf  Steamed Vegetables  Mashed Potatoes  Organic Salad  Fresh Fruit	Wild Muckleshoot Salmon  Roasted Vegetables  Rice Pilaf  Organic Salad  Fresh Fruit
18	19	20	21	22
<b>Meatless Monday:</b>  Yellow Curry with Tofu and Vegetables  Jasmine Rice  Organic Salad  Fresh Fruit	Chicken Salad Sandwiches  Organic Salad  Fresh Fruit	Olsen Farms Italian Pork Sausage With Sauteed Onions and Peppers  Mashed Potatoes  Organic Salad  Fresh Fruit	Chicken Tortilla Soup  Corn, Onions, Monterrey Jack Cheese, Peas, Green Beans  Sour Cream Tortilla Chips  Fresh Fruit	Shrimp Seafood Boil  Potatoes, Corn, Green Beans, Onions  Bread  Organic Salad  Fresh Fruit
25	26	27	28	29
<b>Meatless Monday:</b>  Penne with Chickpea and Mushroom Ragu  Parmigiano Reggiano  Organic Salad  Fresh Fruit	Beef Bourguignon:  Bacon, Mushrooms, Onion, Carrot, Potato  Bread  Organic Salad  Fresh Fruit	Chicken Teriyaki  Steamed Rice  Broccoli  Organic Salad  Fresh Fruit	Braised Pork Burrito Bowl:  Refried Beans, Steamed Rice, Shredded Cabbage, Radish  Organic Salad  Fresh Fruit	Salad Nicoise:  Roasted Cod Steamed Green Beans, Hard-boiled Egg, Radish, Potato  Bread  Garlic Aioli  Fresh Fruit