## October 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
		1	2	3
		Fannie's Famous	Tofu Larb	Chicken Salad Wraps
		<b>Chinese Cuisine</b>	Crumbled Tofu Stir-Fried	
		Chicken Chow Mein	with Garlic, Chili,	Apple, Celery
		Snap Peas	Lime Juice and Fish Sauce	Mayonnaise
		BBQ Pork		Flour Tortilla
			Steamed Rice	
		Fortune Cookie	Vegetables	Organic Salad
			Fresh Fruit	
6	7	8	9	10
Stuffed Bell Peppers	Pulled Pork Sandwiches	Chicken Tortilla Soup	Creamy Squash Soup	Salmon Chowder
Lentils, Rice	Bread Roll	Corn, Monterrey Jack	Brown Butter & Sage	Carrots, Potatoes, Celery
Breadcrumbs	BBQ Sauce	Cheese, Onions		
Tahini sauce	Pickles	Sour Cream	2-Cheese Tartine	Sourdough Bread
		Tortilla Chips		
Organic Salad	Organic Salad		Organic Salad	Organic Salad
Fresh Fruit	Fresh Fruit	Organic salad	Fresh Fruit	Fresh Fruit
		Fresh Fruit		
13	14	15	16	17
Creamy Polenta	Cassoulet	Baked Potato Soup	Tofu Larb	Chicken Salad Wraps
Sautéed Mushrooms	Chicken Leg Confit	Bacon Bits	Crumbled Tofu Stir-Fried	
Sharp Cheddar	Beans, carrots, celery	Shredded Chicken	with Garlic, Chili, Lime Juice and Fish Sauce	Apple, Celery
	Breadcrumbs	Shredded Cheese	Lime Juice and Fish Sauce	Mayonnaise
Organic Salad	0	Sour Cream Bread & Butter	Steamed Rice	Flour Tortilla
Fresh Fruit	Organic Salad	Organic Salad	Vegetables Vegetables	0
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Organic Salad
20	21	22	23	24
Stuffed Bell Peppers	Pulled Pork Sandwiches	Chicken Tortilla Soup	Baked Potato Soup	Salmon Chowder
Lentils, Rice	Bread Roll	Corn, Monterrey Jack	Bacon Bits	Carrots, Potatoes, Celery
Breadcrumbs	BBQ Sauce	Cheese, Onions	Shredded Chicken	currous, rotatoes, eciciy
Tahini sauce	Pickles	,	Shredded Cheese	Sourdough Bread
	7.065	Sour Cream	Sour Cream	Jour dought Bread
Organic Salad	Organic Salad	Tortilla Chips	Bread & Butter	Organic Salad
Fresh Fruit	Fresh Fruit		Organic Salad	Fresh Fruit
		Organic salad	Fresh Fruit	
		Fresh Fruit		
27	28	29	30	31
Creamy Polenta	Cassoulet	Baked Potato Soup	Tofu Larb	Chicken Salad Wraps
Sautéed Mushrooms	Chicken Leg Confit	Bacon Bits	Crumbled Tofu Stir-Fried	
Sharp Cheddar	Beans, carrots, celery	Shredded Chicken	with Garlic, Chili,	Apple, Celery
	Breadcrumbs	Shredded Cheese	Lime Juice and Fish Sauce	Mayonnaise
Organic Salad		Sour Cream		Flour Tortilla
Fresh Fruit	Organic Salad	Bread & Butter	Steamed Rice	
	Fresh Fruit	Organic Salad	Vegetables	Organic Salad
		Fresh Fruit	Fresh Fruit	