

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