# April 2015

Ticket sales begin at 10 am.

*Buy your ticket early -- sometimes we sell out!*

Suggested donation is $3 for those over age 60; for those under age 60 the price is $6.

# REDMOND SENIOR CENTER

8703 160th Ave NE, Redmond 98052
425-556-2314

Seating opens at 11:45 am, lunch served at 12 noon.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| The Pedals & Pipes Organ Group presents a<br>**Musical Salon**<br>**Wed, April 15 ▪ 1:30-3pm**<br>**Free**<br>Come relax in our lobby and hear the talented members of the group play an informal concert | | 1<br>**BBQ Chicken**<br>Macaroni Salad<br>Baby Carrots<br>Roll<br>Apple Slices | 2<br>**Salmon Filet**<br>Green Salad<br>Wild Rice, Broccoli<br>Wheat Roll<br>Peaches | 3<br>**Vegetable Lasagna**<br>Tossed Salad<br>Peaches<br>Cookie |
| 6<br>**Chinese Pepper Steak**<br>Brown Rice<br>Stir Fried Vegetables<br>Kiwi, Fortune Cookie<br>Ice Cream | 7<br>**Chicken Fajita**<br>Spanish Rice<br>Whole Pinto Beans<br>Ice Cream<br>Peaches | 8<br>**Vegetable Soup**<br>Ham Croissant<br>Apple | 9<br>**Catered India Lunch**<br>Reservations<br>Required<br>By April 3<br><br>425-556-2345 | 10<br>**Fish & Chips**<br>Steak Fries<br>Coleslaw<br>Banana & Jello Cup |
| 13<br>**Tuna Noodle Casserole**<br>Green Beans<br>Garlic Bread<br>Carrot-Raisin Salad | 14<br>**Smoked Turkey Wrap**<br>Mediterranean Pasta Salad<br>Mixed Berries | <br>15<br>**Birthday Lunch**<br>**Broccoli Cheese Soup**<br>Turkey Sandwich<br>Apple Crisp<br>Whipped Topping | 16<br>**Hungarian Goulash**<br>over Flat Noodles<br>Broccoli<br>Strawberry Short Cake | 17<br>**Pork Chop**<br>Mashed Potatoes & Gravy<br>Spinach<br>Roll<br>Mandarin Oranges |
| 20<br>**Pork Carnita**<br>Rice<br>Tomato & Cucumber Salad<br>Melon<br>Vanilla Wafers | 21<br>**Swiss Steak**<br>Mashed Potatoes & Gravy<br>Tomatoes & Zucchini<br>Roll<br>Carrot Cake | 22<br>**Minestrone Soup**<br>Egg Salad Sandwich<br>Green Salad<br>Mixed Berries | 23<br>**Dill Fish**<br>Pasta Salad<br>Sugar Cookie<br>Mandarin Orange | 24<br>**BBQ Beef Sandwich**<br>Baked Potato<br>Peas & Carrots<br>Pears |
| 27<br>**Orange Glazed Fish**<br>Rice Pilaf<br>Asparagus<br>Dinner Roll<br>Oranges | 28<br>**Kielbasa**<br>Roasted Red Potatoes<br>Steamed Cabbage<br>Roll<br>Tropical Fruit | 29<br>**Taco Salad**<br>Banana<br>Chocolate Pudding<br>Apple Juice | 30<br>**Pineapple Chicken**<br>Brown Rice<br>Peas<br>Pineapple Chunks<br>Roll<br>Fortune Cookie | Suggested donation $3 for those over age 60; for those under age 60 the price is $6.<br> |

Catholic Community Services of Western Washington

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change. Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized and juices may increase your risk of food borne illness.

Menu items are prepared without additional sodium. CCS uses fresh produce whenever possible. Seasonal fruit is provided on menu where "Fruit" is noted. If you have comments, questions or suggestions regarding our menu, please feel free to call our Lakewood office at (253) 474-1200