

CASC September Menu

500 30th Avenue South | Seattle 98144 | 206.726.4926 | www.casrcenter.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Chicken & Sausage Gumbo Greens Cornbread Peach Cobbler	Chicken Pot Pie Garden Salad Fresh Fruit	Meatballs w/ Gravy Mashed Potatoes Seasonal Vegetables Roll Fresh Fruit	Turkey & Cheese Sandwich w/ Lettuce & Tomato Clam Chowder Fresh Fruit	To place an Order Call (206) 726-4926 8:30AM --12:15PM Monday-Friday
	7	8	9	10	11	12
	Closed Labor Day	Jambalaya Over Rice Greens Cornbread Fresh Fruit	Chicken Noodle Soup Garden Salad Cheddar Biscuit Fresh Fruit	Red Beans & Rice w/ Smoked Sausage Cabbage Cornbread Blackberry Cobbler	Seafood Lasagna Seasonal Vegetable Garlic Bread Fresh Fruit	
13	14	15	Members Mtg. 16	17	18	19
	Thai Chicken Coconut Curry Soup Garden Salad Roll Fresh Fruit	Fried Catfish Roasted Potatoes Coleslaw Whole Wheat Bread Fresh Fruit	Chicken Salad Sandwich Cheddar Broccoli Soup Fresh Fruit	Salmon Croquette Rice w/ Gravy Seasonal Vegetable Fresh Fruit	Fish & Chips Coleslaw Fresh Fruit	
20	21	Board Meeting 22	23	B- Day Lunch 24	25	26
	Meatloaf Mashed Potatoes w/ Gravy Seasonal Vegetable Roll Fresh Fruit	Fried Chicken Greens Black-Eyed Peas Cornbread Fresh Fruit	Beef & Bean Chili Garden Salad Crackers Fresh Fruit	Glazed Ham Macaroni & Cheese Seasonal Vegetable Cornbread Birthday Cake	Smoked Salmon Pasta Seasonal Vegetable Roll Fresh Fruit	
27	28	29	30			
	Chicken Fried Rice Asian Vegetables Fortune Cookie Fresh Fruit	Smothered Liver & Onions Rice & Gravy Green Beans Cornbread Fresh Fruit	Spaghetti w/ Meat Sauce Seasonal Vegetables Garlic Bread Fresh Fruit			