

# CASC March Menu 2026

500 30<sup>th</sup> Ave South Seattle WA 98144

206-726-4926

www.casrcenter.org

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|--|--|--|--|---|---|---|
| 1  | 2  | 3  | 4  | 5   | 6   | 7   |
|    | Cobb Salad with Chicken, Cheese, Tomato and Bacon Roll, and Fresh Fruit        | Chicken and Sausage Gumbo, Greens Cornbread and Peach Cobbler            | Beef Tacos Street Corn Garden Salad Fresh Fruit                                      | Fried Catfish Roasted Potatoes Coleslaw Fresh Fruit                                   | Turkey and Cheese Sandwich with Lettuce and Tomato Clam Chowder Fresh Fruit           | Green Dolphin, Michael Powers April 17 <sup>th</sup> 6 pm – 9 pm                      |
| 8  | 9  | 10   | 11   | 12  | 13  | 14  |
|    | Beef Stew with Tomatoes, Carrots, Potatoes and Peas Broccoli Salad Fresh Fruit | Red Beans and Rice Smoked Sausage Cabbage, Cornbread Fresh Fruit         | Meatloaf with Gravy Mashed Potatoes Seasonal Vegetable Roll Fresh Fruit              | Salmon Croquet Rice with Gravy Seasonal Vegetable Whole Wheat Bread Fresh Fruit       | Pan Seared Salmon With Herb Butter Rice Pilaf Seasonal Vegetable Roll. Fresh Fruit    | To place an Order Call (206) 726-4926 8:30AM -- 12:30PM Monday -- Friday              |
| 15   | 16   | 17   | Members Mtg. 18  | 19  | 20  | 21  |
|   | Chicken Noodle Soup Crackers Garden Salad Roll                                 | Braised Beef and Gravy Over Rice Creamed Spinach Roll Fresh Fruit        | BBQ Chicken Sandwich Broccoli Salad Fresh Fruit Cookie                               | Pork Roast Macaroni and Cheese Seasonal Vegetable Roll Peach Cobbler                  | Fish and Chips Coleslaw Fresh Fruit Dessert   |   |
| 22   | 23   | Board Meeting 24   | 25   | Birthday Lunch 26   | 27  | 28  |
|  | Chicken Fajita and Peppers and Onions Tortillas Spanish Rice Fresh Fruit       | Jambalaya over Rice Greens Cornbread Fresh Fruit                         | Thai Coconut Curry Chicken Soup Garden Salad Roll Fresh Fruit                        | Roasted Turkey With Gravy Cornbread Dressing Green Beans Birthday Cake                | Bacon Cheeseburger With Lettuce and Tomato French Fries Fresh Fruit                   |  |
| 29   | 30   | 31   | Menu Subject to  | Change  |   |   |
|  | Chicken Pot Pie Garden Salad Fresh Fruit                                       | Meatballs in Gravy Mashed Potatoes Seasonal Vegetables Roll, Fresh Fruit |  |  |  |  |