

CASC November Menu 2024

500 30th Avenue South Seattle WA, 98144

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	To place an Order Call (206) 726-4926 Between 8:30am to 12:30pm. Monday - Friday				Seafood Lasagna Roasted Vegetables Garlic Bread Fresh Fruit	Menu Subject to Change
3	4	5	6	7	8	9
	Thai Coconut Chicken Curry Soup Garden Salad, Roll Fresh Fruit	Meatballs In BBQ Sauce Macaroni & Cheese Green Beans Fresh Fruit	Chicken Marsala, Rice Pilaf, Broccoli Roll Fresh Fruit	Red Beans & Rice with Smoked Sausage, Greens, Cornbread, Sweet Potato Pie	Fish Sandwich, w/Cheese Lettuce & Tomato, French Fries Fresh Fruit	
10	11	12	Annual Mt. 13	14	15	16
		Smothered Liver & Onions Rice w/ Gravy, Cabbage Cornbread, Fresh Fruit	Chicken Fajita w/ Peppers & Onions Tortillas, Spanish Rice, Fresh Fruit	Fried Catfish Corn Coleslaw Fresh Fruit	Salmon Chowder Pasta Salad Roll Fresh Fruit	
17	18	19	20	B- Day Lunch 21	22	23
	Chicken, Fried Rice Asian Vegetables Fortune Cookie Fresh Fruit	Jambalaya, Over Rice Greens, Cornbread Fresh Fruit	Beef Stew w/Tomatoes, Peas, Potatoes & Carrots Garden Salad, Roll Fresh Fruit	Roasted Turkey, Cornbread Dressing, w/ Gravy Greenbeans, Birthday Cake	Fish & Chips Coleslaw Fresh Fruit	Volunteers Needed for Grocery Assembly and Delivery
24	25	Board Meeting 26	27	28	29	30
	Beef Lasagna Italian Vegetables Garlic Bread Fresh Fruit	Salmon Croquette Rice w/ Gravy Broccoli Fresh Fruit	Chicken Noodle Soup Garden Salad, Roll Fresh Fruit			