

CASC October Menu

2024

500 30th Avenue South Seattle WA, 98144

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
 Hello October	To place an Order Call (206) 726-4926 Between 8:30am to 12:30pm. Monday - Friday	Fried Catfish Roasted Potatoes Coleslaw Fresh Fruit	Chicken Noodle Soup, Garden Salad, Roll, Fresh Fruit	Jambalaya Over Rice, Greens, Cornbread Fresh Fruit	Pan Seared Salmon w/Herb Butter, Rice Pilaf, Broccoli, Roll, Fresh Fruit	Menu Subject to Change
6	7	8	9	10	11	12
 OCTOBER PRODUCE GUIDE ASIAN PEARS, CELERY, CHESTNUTS, BEANS, OKRA, PEPPERS, PEAS, SWEET POTATOES, THYME, WALNUTS HEALTHY NIBBLES	Chicken Pot Pie Garden Salad Fresh Fruit	Meatballs in Gravy, Mashed Potatoes, Greenbeans, Roll Fresh Fruit	BBQ Chicken Sandwich, Garden Salad, & Fresh Fruit	Pork Roast, Rice w/Gravy, Mixed Vegetables, Peach Cobbler	Clam Chowder, Turkey & Cheese Sandwich w/Lettuce, Tomato, Fresh Fruit	
13	14	15	Members Mtg. 16	17	Green Dolphin 18	19
	Chicken Quesadilla w/Spinach, Cilantro, Cheese, Street Corn, Garden Salad, & Fresh Fruit	BBQ Pulled Pork Sandwich, Broccoli Salad, Coleslaw, & Fresh Fruit	Beef Stew w/Tomatoes, Carrots, Peas, Roll, Green Salad, & Fresh Fruit	Roasted Chicken: Cornbread Dressing, Broccoli, Sweet Potato Pie	Bacon Cheeseburger w/Lettuce, Tomato, French Fries, & Fresh Fruit	 Friday, October 18 th , 2024 6PM-9PM Michael Powers
20	21	Board Meeting 22	23	B- Day Lunch 24	25	26
October Members' Birthday Lunch Thursday, October 24 th 11:30AM — 1:00PM	Beef & Bean Chili Garden Salad Roll, Fresh Fruit	Fried Chicken, Cabbage, Roasted Potatoes, Cornbread, & Fresh Fruit	Chicken Fried Rice w/Peas & Carrots, Asian Vegetables, Fortune Cookie, Fresh Fruit	Glazed Ham, Greens Macaroni & Cheese Cornbread Birthday Cake	Fish & Chips Coleslaw, & Fresh Fruit	
27	28	29	30	31		
	Teriyaki Chicken, Rice, Asian Vegetables, Fortune Cookie & Fresh Fruit	Chicken & Sausage Gumbo, Greens Cornbread, & Fresh Fruit	Smoked Salmon Pasta, Zucchini, Garlic Bread, & Fresh Fruit	Smothered Pork Chop, Cabbage Mashed Potatoes Cornbread, Fresh Fruit		