

CASC November Menu 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
 <p>Don't forget to Fall Back November 1, 2026</p>	Chicken Noodle Soup Garden Salad Roll Fresh Fruit	Fried Chicken Yams Cabbage Cornbread Fresh Fruit	BBQ Pulled Pork Sandwich Coleslaw Fresh Fruit	Red Beans & Rice w/ Smoked Sausage Greens Cornbread Fresh Fruit	Seafood Lasagna Seasonal Vegetable Garlic Bread Fresh Fruit	To place an Order Call (206) 726-4926 8:30AM-12:15PM Monday - Friday
8	9	10	11	12	13	14
	Beef Stew w/ Potatoes, Carrots, Peas, & Tomatoes Broccoli Salad Roll. Fresh Fruit	Pork Roast Mashed Potatoes w/ Gravy Seasonal Vegetable Fresh Fruit		Jambalaya Over Rice Green Beans Cornbread Fresh Fruit	Cheeseburger w/ Lettuce & Tomato French Fries Fresh Fruit	
15	16	17	18	19	20	21
	Taco Casserole Garden Salad Tortilla Chips Fresh Fruit	Fried Catfish Corn Coleslaw Whole Wheat Bread Fresh Fruit	Chicken Fried Rice w/ Peas & Carrots Asian Vegetables Fortune Cookie Fresh Fruit	Roasted Turkey w/ Gravy Cornbread Dressing Greens Birthday Cake	Fish & Chips Coleslaw Fresh Fruit	
22	23	24	25	26	27	28
	Chicken Pot Pie Garden Salad Fresh Fruit	Chicken & Sausage Gumbo Greens Cornbread Peach Cobbler	Meatloaf Mashed Potatoes Seasonal Vegetables Roll Fresh Fruit			
29	30					
	Chicken & Wild Rice Soup Garden Salad Roll Fresh Fruit					