

February 2017

REDMOND SENIOR CENTER

8703 160th Ave NE, Redmond 98052

425-556-2314

Ticket sales begin at 10 am.

Buy your ticket early -- sometimes we sell out!

Seating opens at 11:45 am, lunch served at 12 noon.

Diners are encouraged to complete their meal by 12:45pm, thank you.

Monday	Tuesday	Wednesday	Thursday	Friday
	Heart Health Awareness Month	1 Ivar's Clam Chowder Salad Bread Sticks Mixed Berries & Whipped Topping	2 Chicken, Potato & Pea Salad Carrots Wheat Roll Fruit Cocktail Lemon Bar	3 Fish Burger Spinach Salad Mixed Vegetables Orange Wedge Pudding
6 Baked Chicken & Apple Zucchini Linguini Broccoli Wheat Roll Applesauce	7 Black Bean Soup Spinach Salad Roll Baked Apple	8 Sweet & Sour Pork Chinese Chicken Soup White Rice Mandarin Orange Fortune Cookie	9 Catered India Lunch Reservations Required By February 3 425-556-2345	10 Beef Macaroni Corn Wheat Roll Melon Chocolate Pudding
13 Shepherd's Pie Garden Salad Fruit Cocktail Roll	14 Broccoli Cheese Fish Corn Chowder Scandinavian Vegetables Roll Plums	 15 Birthday Lunch Pork BBQ Ribs Scalloped Potatoes Broccoli Wheat Roll Cake	16 Vegetable Lasagna Salad Green Beans French Bread Pears	17 Spaghetti & Meatballs Corn & Broccoli Garlic Bread Pears
20 Closed for 	21 Philly Cheesesteak Salad Grapes Orange Juice	22 Swedish Meatballs Egg Noodles Mixed Vegetables Apricots	23 Chicken Cacciatore Stewed Zucchini Pears	24 Florentine Fish Red Potatoes Zucchini in Stewed Tomatoes Roll Cherri Crisp
27 Pork Cutlet Potatoes & Gravy Steamed Vegetables Wheat Roll Apricots	28 Chicken Enchilada in White Sauce Tomato & Cucumber Salad Pears Ice Cream	Presented by MEOW Cat Rescue Cat Adoption Day & Pet Food Drive Come meet some adorable adult cats ready for you to take home and love. Tue, Feb 14, 11am-1pm Fireplace Lounge Reduced Fees for Seniors Pet food donations gratefully accepted. Please bring only unopened packages.		Suggested donation \$3 for those over age 60; for those under age 60 the

