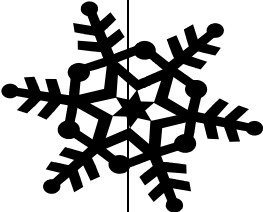


Skagit Senior Lunch Menu - DECEMBER 2011

Anacortes Burlington Clear Lake Concrete La Conner Mount Vernon Sedro-Woolley
 293-7473 755-0102 856-1023 853-8400 466-3941 336-5757 855-1531

* All meals also include a vegetable, salad and/or fruit, dinner roll or specialty bread and milk *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Salisbury Steak served with Mashed Potatoes and Gravy	Asian Chicken Salad served with Fruit and a Dinner Roll
5	6	7	8	9
Chicken and Sausage Gumbo over Rice served with a Fruit & Yogurt Parfait	Shrimp Fettuccini Alfredo served with Garlic Bread and Berry Shortcake	Beef Sheppard's Pie with Mashed Potatoes served with a Roll	Teriyaki Chicken Breast on a Whole Wheat Bun served with Sweet Potato Fries	BBQ Pork Ribs served with Baked Beans and Cornbread
12	13	14	15	16
Spaghetti with Meat Sauce served with a Caesar Salad	<i>*New Item*</i> Honey Glazed Chicken Breast served with Wild Rice Pilaf	Crab Cakes served with JoJo Potato Wedges	<i>*Christmas Luncheon*</i> Roast Beef with Demi Glace served with Yukon Mashed Potatoes, Vegetables, Fruit, and a Butterflake Roll	Sloppy Joes served with Tatar Tots
19	20	21	22	23
Country Fried Steak served with Mashed Potatoes and Country Gravy	Deluxe Cheeseburgers served with Potato Salad	Polish Sausage with Sauerkraut served with Scalloped Potatoes	Pepper Steak over Rice served with Pea & Cashew Salad	CLOSED
26	27	28	29	30
CLOSED	Turkey and Biscuit Dumplings served with a Spinach Salad	Chili Stuffed Baked Potato served with a Banana and a Roll	Pulled Pork Sandwich served with Roasted Potatoes	Chicken Pesto Pasta served with Tomato Feta Salad and Birthday Cake

Meals served at 12:00 pm at most Meal Sites; 12:30 pm at the Concrete Senior Center and 11:30-12:30 pm at the Anacortes and Burlington Senior Centers