

CASC September Menu

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Menu Subject to Change			To place an Order Call (206) 726-4926 Between 8:30am to 12:30pm. Monday - Friday		Fish Sandwich w/ Cheese, Pickles, Lettuce, Tomato, French Fries, Tartar Sauce & Fruit.	
3	4	5	6	7	8	9
		BBQ Chicken Sandwich, Potato Salad & Fresh Fruit.	Chicken Taco w/ Lettuce, Tomatoes, Cheese, Salsa, Spanish Rice & Fruit.	Braised Beef Over Rice, Yams, Spinach & Fresh Fruit.	Chicken Waldorf Salad w/Grapes, Celery, Apples, Cranberries, Roll & Fresh Fruit.	
10	11	12	13	14	15	16
	Beef Fajita w/Onions, Peppers, Spanish Rice, Tortillas, Salsa, & Fresh Fruit.	Fried Chicken, Macaroni & Cheese, Greens, Cornbread & Fresh Fruit.	Hot Link in a Bun, Potato Salad, Garden Salad & Fresh Fruit.	Pork Roast, Mashed Potatoes w/Gravy, Cabbage, Cornbread, & Blackberry Cobbler.	Bacon Cheeseburger w/Lettuce, Tomato, French Fries, & Fresh Fruit.	
17	18	19	20	21	22	23
	Turkey Chili, Garden Salad, Cornbread, & Fresh Fruit.	Meatloaf w/Gravy, Potatoes Au Gratin, Brussel Sprouts & Fresh Fruit.	Membership Mtg.	B-Day Lunch!		
			Chicken Fried Rice w/Peas, Carrots, Broccoli, Fortune Cookie & Fruit.	Chicken & Turkey Sausage Gumbo, Greens, Cornbread, & Birthday Cake.	Fish & Chips, Coleslaw, & Fresh Fruit.	
24	25	26	27	28	29	30
	Chicken Tenders w/Sweet Chili Sauce, Garden Salad, Roll & Fruit.	Board Meeting				
		Fried Catfish, Corn, Coleslaw, Whole Wheat Bread & Peach Cobbler.	Taco Casserole, Tortilla Chips, Garden Salad & Fresh Fruit.	Red Beans & Rice w/Smoked Turkey, Cabbage, Cornbread & Fruit.	Clam Chowder, Turkey & Cheese Sandwich w/Lettuce, Tomato & Fruit.	