



# July Menu



## 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Seafair Patio Party,</b> August 8 <sup>th</sup> , 11 – 4 pm \$30/\$35/\$40 Children, 12 and under, \$1 per year		<b>Dance 4 Health with Edna Daigre,</b> MLK FAME CC 9 am – 11 am 2201 E. Republican	B-B-Q Chicken Collard Greens Potato Salad Fresh Fruit	Tuna Salad on Romaine w/ Cucumbers & Tomatoes Roll and Fresh Fruit	Dance 4 Health, Wednesday and Saturdays, 9am – 11 am MLK FAME CC, Edna Daigre, Instructor
<b>CELEBRATE!</b> FOURTH OF JULY	CLOSED FOR FOURTH OF JULY	Liver & Onions Rice w/ Gravy Green Beans Cornbread Fresh Fruit	Bow-Tie Pasta Salad w/ Chicken, Broccoli & Tomato, Roll Fresh Fruit	Glazed Ham Carrots Macaroni & Cheese Cornbread Cookie	Seafood Lasagna Zucchini Garlic Bread Fresh Fruit	Seniors Dancing Grooving 2 Health Mondays & Thursdays
MONDAYS African Dancing 9:15 am – 11:15 am Instruments and Singing 12:15 pm – 2:15 pm	Taco Salad w/ Cheese, Tomato, and Tortilla Chips Fresh Fruit	Fried Chicken Mustard Greens Potato Salad Fresh Fruit	Spinach Salad w. Feta Cheese, Tomato & Egg Fresh Fruit	Pork Roast Mashed Potatoes w/ Gravy Broccoli Fresh Fruit	Salmon Chowder Corn Salad Roll Fresh Fruit	Thursdays African Drumming Wheelchairs & Walkers 9:15 am – 11:15 am
Call to Order 206-726-4926	Chicken Fried Rice w/ Peas & Carrots Broccoli Fresh Fruit	Red Beans & Rice w/ Smoked Turkey Cabbage Cornbread Fresh Fruit	B-B-Q Pulled Pork Sandwich Green Salad Fresh Fruit	Chicken & Turkey Sausage Gumbo Collard Greens Cornbread BIRTHDAY CAKE	Fish & Chips Coleslaw Fresh Fruit	
	Chicken Quesadilla Broccoli Salad Fresh Fruit	Fried Catfish, Corn Coleslaw Whole Wheat Bread Fresh Fruit	Caesar Salad w/ Shrimp Roll Fresh Fruit	Roasted Chicken Brussel Sprouts Cornbread Dressing Peach Cobbler	Clam Chowder Turkey & Cheese Sandwich w/Lettuce & Tomato Fresh Fruit	Central Cafe