

# Chetco Activity Center

Invites you to Join Us this week  
for a Delicious, Nutritious Hot Lunch  
550 Chetco Lane, Brookings 541-469-6822

| <b>Mon</b>                                                                                                                                                   | <b>Tue</b>                                                   | <b>Wed</b>                                                  | <b>Thu</b>                                             | <b>Fri</b>                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|
|                                                                                                                                                              |                                                              | <b>1</b>                                                    | <b>2</b>                                               | <b>3</b>                                               |
| Lunch served <b>11:15 - 12:30</b><br>Mon - Fri. <b>Menu may change</b><br><b>without notice. Meals cost \$10</b><br><i>to prepare - Donations requested.</i> |                                                              | Bacon Wr. Beef<br>Mac 'N Cheese<br>Green Beans              | Lemon Baked<br>Fish<br>Pork & Beans<br>Brussel Sprouts | Chicken Taco Sal.<br>Chips<br>Corn<br>Salsa            |
| <b>6</b>                                                                                                                                                     | <b>7</b>                                                     | <b>8</b>                                                    | <b>9</b>                                               | <b>10</b>                                              |
| Chick. Cordon Bleu<br>Mashed Yams<br>Broccoli                                                                                                                | Shepherds Pie<br>Cornbread<br>Buttery Cabbage                | BBQ Pork Ribs<br>Garlic Roasted<br>Potatoes<br>Chef's Blend | Tuna Casserole<br>Biscuits<br>Lima Beans               | Cheese Stuffed<br>Hotdogs<br>Baked Beans<br>Corn       |
| <b>13</b>                                                                                                                                                    | <b>14</b>                                                    | <b>15</b>                                                   | <b>16</b>                                              | <b>17</b>                                              |
| Beef & Pot. Cass.<br>Green Beans w/Bac.<br>Roasted<br>Butternut Squash                                                                                       | Brkfst for Lunch<br>Sausage<br>Scr. Eggs<br>Fr. Toast Sticks | Slow Roast Beef<br>Mashed Potatoes<br>Gravy<br>Broccoli     | Fish & Chips<br>Peas & Carrots                         | Asian Sesame<br>Chick.<br>Turmeric Rice<br>Asian Blend |
| <b>20</b>                                                                                                                                                    | <b>21</b>                                                    | <b>22</b>                                                   | <b>23</b>                                              | <b>24</b>                                              |
| Chick. Enchiladas<br>Spanish Rice<br>Refried Beans                                                                                                           | Corn Beef Hash<br>Eggs<br>English Muffin<br>Fruit            | Cabbage Roll Cass.<br>Rice Pilaf<br>Glazed Carrots          | Tuna Salad Sand.<br>Clam Chowder                       | Sloppy Joes<br>Scallop Potatoes<br>Green Beans         |
| <b>27</b>                                                                                                                                                    | <b>28</b>                                                    | <b>29</b>                                                   | <b>30</b>                                              | <b>31</b>                                              |
| Vegetarian Spagh.<br>Breadsticks<br>Corn                                                                                                                     | Chef Salad<br>Whole Wheat Roll<br>Mandarin<br>Oranges        | Ground Beef<br>Stroganoff<br>Biscuit<br>Peas & Carrots      | Fish Sticks<br>Mac 'N Cheese<br>Baked Beans            | Turkey, Stuffing<br>Mashed Potatoes<br>Gravy<br>Yams   |

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