

**Columbia Senior Diners**  
**MENU for the week of September 16<sup>th</sup>, 2019**

**Full Meals \$6**  
**Soup & Salad only \$4**  
**Lunch is served from**  
**11:30am - 12:30pm**  
**Monday – Friday**

**September 16 to September 20, 2019**

**Monday**

**Breakfast Sausage and Scrambled**  
**Eggs w/biscuits**

**Tuesday**

**Chicken Scampi**  
**With Egg Noodles**  
**Vegetable Medley**

**Wednesday**

**Prime Rib Chuck Roast &**  
**New York Steak with**  
**Hash-browns**

**Thursday**

**Grilled Ham & Cheese**  
**with Macaroni Salad**

**Friday**

**Baby Back Ribs & Pork Loin**  
**with Mashed Potatoes**

**Astoria Senior Center**  
**1111 Exchange Street, Astoria, OR 97103**  
**503-325-9693**  
**All seniors and their guests are welcome**

