

# SEPTEMBER LUNCH MENU

- Cost: Most lunches range in price from \$5.50 to \$6.50 plus tax.
- All Entrees include a Fresh Fruit & Veggie Pack.
- Place your order online by 6:00 am for the same days lunch.

Order online at [www.blueplateseattle.com](http://www.blueplateseattle.com) or order by phone at 206-525-2511.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pepperoni, Cheese - or - Hawaiian Pizza
4 Labor Day	5 Hamburger/Cheese Chicken Corn Dog Toasted Cheese Sandwich & tomato soup Cheese or Chicken Quesadilla	6 Mac & Cheese Chicken strips All Natural Chicken Strips Meatball Sub	7 Spaghetti w/Tomato Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	8 Pepperoni, Cheese - or - Hawaiian Pizza Breaded Fish Sand.
11 Chicken nuggets Baked potato Salami & Cheese Flatbread All Natural Chicken Strips	12 Teriyaki Chicken Cheese Calzone Chicken Corndog Cheese or Chicken Quesadilla	13 Bean & Cheese or Chicken & rice Burrito Crispy Beef Taco Chicken Strips Meatball Sub	14 Spaghetti wTom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	15 Pepperoni, Cheese - or - Hawaiian Pizza Breaded Fish Sand.
18 Chicken nuggets Baked potato Salami & Cheese Flatbread All Natural Chicken Strips	19 Hamburger/Cheese Chicken Corn Dog Toasted Cheese Sandwich & tomato soup Cheese or Chicken Quesadilla	20 Mac & Cheese Chicken strips All Natural Chicken Strips Meatball Sub	21 Spaghetti wTom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	22 Pepperoni, Cheese - or - Hawaiian Pizza Breaded Fish Sand.
25 Chicken nuggets Baked potato Salami & Cheese Flatbread All Natural Chicken Strips	26 Teriyaki Chicken Cheese Calzone Chicken Corndog Cheese or Chicken Quesadilla	27 Bean & Cheese or Chicken & rice Burrito Crispy Beef Taco Chicken Strips Meatball Sub	28 Spaghetti wTom Sauce Meatball Calzone Whole Wheat Penne Toasted Ham & Cheese w/Tomato Soup	29 Pepperoni, Cheese - or - Hawaiian Pizza Breaded Fish Sand.

Fresh Fruit & Fresh Veggies are served with all Hot & Cold Entrees

## Cold Entrees (available daily)

Pizza Kit	Caesar Salad
Bagel Lunch	Chicken Caesar Salad
Ham & Cheddar Sub	Chef Salad
Turkey & Provolone Sub	Italian Chop Salad
Italian Sub	

**Ala Carte Items:** Smoothies (fruit, yogurt, juice), Garlic Bread, Cookies (choc. or sugar), meatballs on Thursday.

**All Natural Meats:** Hamburgers, Beef taco, Meatballs, All natural gluten free chicken strips, salami.

**Gluten Free:** All Natural gluten free chicken strips, Teriyaki Chicken (w/ gluten free sauce), Cheese or Pepperoni Pizza, Baked potato, beef tacos.