



Senior Services
Promoting the well-being of older adults

December 2008

Community Dining - Hot Lunches

Served at various locations throughout King County. Please call (206) 448-5768 for the location nearest you.

Monday

Tuesday

Wednesday

Thursday

Friday

1	2	3	4	5
Macaroni Beef Tomato Casserole Broccoli Wheat Roll Fresh Orange	Sweet & Sour Pork Brown Rice Capri Veggie Mix Breadstick Tropical Fruit Mix	Chicken Pot Pie Spinach Salad w/Dressing Biscuit Peanut Butter Cookie	Salisbury Steak Mushroom Gravy Mashed Potatoes Sliced Carrots Wheat Bread Mandarins	Baked Fish Fillet Lemon Sauce Steamed Rice Fiesta Mix Vegetables Dinner Roll Fruit Cocktail in Gelatin
8	9	10	11	12
Ivar's Clam Chowder Chef's Salad w/Dressing Whole Grain Roll Pineapple Tidbits	Chicken Breast Cacciatore Linguini w/Marinara Sauce Broccoli Breadstick Mandarins	Roast Pork/Gravy Baked Potato Scandinavian Vegetable Mix Parker House Roll Lemon Pudding	White Fish Fillet Lemon Sauce Rainbow Rotini Calif. Vegetable Mix Fresh Roll Tropical Fruit Mix	Meatloaf/Gravy Mashed Potatoes Peas & Carrots Garlic Bread Cookie
15	16	17	Birthday 18	19
Vegetarian Lasagna Sliced Carrots Green Salad w/Dressing Garlic Bread Mandarins	Chicken Breast w/Asiago Sauce Parslied Rice Japanese Vegetable Mix Dinner Roll Apricots	Beef Polish Red Potatoes Cabbage Wheatflake Roll Sliced Peaches	Turkey Pot Roast Gravy Baked Potatoes Sliced Carrots Wheat Roll <i>Birthday Cake</i> 	Meatballs Penne Pasta Broccoli Marinara Sauce Garlic Bread Fresh Orange
22	23	24	25	26
Beef Dip on French Bread Au Jus Broccoli Coleslaw Diced Peaches	Pork Stir Fry w/ Vegetables Brown Rice French Bread Butterscotch Pudding	Breaded Fish Patty Tartar Sauce Sliced Carrots Coleslaw Hamburger Bun Pineapple Tidbits	Closed for Holiday 	
29	30	31		
Baked Chicken Qtr Gravy Mashed Potatoes California Veg Mix Parker House Roll Plums	Beef Stew Biscuit Green Salad w/Dressing Mandarin Oranges	Sweet & Sour Chicken White Rice Winter Blend Veggies Dinner Roll Fresh Orange	Special thanks to Starbucks & Ivar's for donating their products to Community Dining	
			Holiday Meal: Honey Ham w/Cherry Sauce Scalloped Potatoes California Mix Bavarian Roll Cream Pie	

Milk choices: Skim, Buttermilk, Chocolate, 2% milk available on cook's request for any meal

Available: Dec 17, 19, 22
Order by: Nov 26