



Senior Services
Promoting the well-being of older adults

February 2009

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

2	3	4	5	6
Swiss Steak w/ Tomato Onion Gravy Red Potatoes Capri Vegetable Mix Parker House Roll Strawberry Ice Cream	Meatballs in Sauce Winter Vegetable Mix Spinach Salad w/Dressing Hoagie Roll Tropical Fruit	Roast Beef w/Gravy Mashed Potatoes Baby Carrots White Bread Mandarin Oranges	Pineapple Pepper Pork Steamed Rice Broccoli Multi Grain Roll Fresh Apple	BBQ Chicken Breast Beans in Tomato Sauce Zucchini Squash Cornbread Pears in Gelatin
9	10	11	12	13
Chicken Italian Sausage Bow Tie Pasta Winter Vegetable Mix Garlic Bread Sliced Peaches	Turkey Ham w/Pineapple Yams Green Beans Bavarian Roll Fresh Orange	Meatloaf w/Gravy Mashed Potatoes Peas & Carrots Coleslaw Wheat Parker House Roll Lemon Pudding	White Fish Fillet w/ Lemon Sauce Brown & White Rice Calif. Vegetable Mix Fresh Roll Tropical Fruit	Sliced Turkey w/Gravy Mashed Potatoes 5 way Vegetable Mix Cranberry Jelly Parker House Roll Banana
16	17	18	19	20
Closed for Presidents' Day	Ivar's Clam Chowder Sausage Pizza Tossed Green Salad Fruit Yogurt	Shepherd's Pie w/Mashed Potatoes Green Beans Spinach Salad w/Dressing Mandarin Oranges	Birthday Turkey Pot Roast w/Gravy Whipped Potatoes Scandinavian Vegetables Whole Wheat Roll <i>Birthday Cake</i> 	Beef Stew Green Salad w/Spinach w/Dressing Whole grain Roll Apricots
23	24	Ash Wednesday 25	26	27
Orange Chicken Breast White Rice Japanese Vegetables Parker House Roll Plums	Salisbury Steak w/ Mushroom Gravy Baked Potato Winter Mix Whole Wheat Bread Cookie	Breaded Fish Square w/ Tartar sauce Tator Tots Coleslaw Lettuce/Tomato Hamburger Bun Apricots	Meat Balls Penne Pasta Marinara/Parmesan Cheese Spinach Salad w/ Dressing Garlic Breadstick Mandarins	Vegetarian Quiche Spinach Salad/Dressing Whole Grain Roll Chocolate Ice Cream
		Special thanks to Starbucks & Ivar's for donating their products to Community Dining	Milk choices: Skim, Buttermilk Chocolate, 2% Milk available on cook's request for any meal	Valentine's Holiday Meal Baked Chicken Quarter w/Gravy Mashed Potatoes Sliced Beets French Roll Raspberry Sherbet Cookie Available: Feb 11, 12, 13 Order by: Feb 3