



Senior Services
Promoting the well-being of older adults

February 2009

Community Dining – Soup & Sandwiches

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


Monday

Tuesday

Wednesday

Thursday

Friday

2 Cream of Potato Soup Pastrami on Rye Coleslaw Strawberry Ice Cream	3 Navy Bean Soup Chicken Salad on Wheat Spinach Salad w/ Dressing Tropical Fruit	4 Hearty Vegetable Soup Egg Salad on Wheat Mandarin Oranges	5 Vegetable Beef Soup Turkey/crm chs/cran-tortilla Fresh apple	6 French Onion Soup Roast Beef on Wheat Broccoli w/Ranch Dip Pears in Gelatin
9 Mixed Bean Soup Tuna Salad on Sourdough Spinach Salad w/Dressing Peaches	10 Chicken Tortilla BBQ Beef on a Hamburger Bun Fresh Orange	11 Corn Chowder Salami & Swiss on Rye Coleslaw Lemon Pudding	12 Tomato Bisque Roast Beef on Wheat Baby Carrots Tropical Fruit	13 Ivar's Clam Chowder Ham on Rye Carrot/Cabbage Slaw Banana
16 Closed for Presidents' Day	17 Ivar's Clam Chowder Turkey on Wheat Broccoli w/Dip Fruit Yogurt Fruit juice	18 Beef Vegetable Noodle Chicken Salad on Wheat Fresh Orange	BIRTHDAY 19 Minestrone Soup Three cheeses on 9 Grain Fruit Juice <i>Birthday Cake</i> 	20 Lentil Soup Corned Beef on Rye Green Salad w/Spinach w/Dressing Apricots
23 Split Pea Soup Tuna on Rye Broccoli w/Ranch Dip Plums	24 Beef-Vegetable-Rice Soup Meatloaf on Wheat Coleslaw Cookie	25 Tomato Rice Soup Turkey on 9 Grain Fruit Juice Apricots	26 Cream of Chicken Soup Tuna on Whole Wheat Spinach Salad w/Dressing Mandarins	27 Veget Vegetable Soup BBQ Beef on a Bun Chocolate Ice Cream
		28 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	