



Senior Services
Promoting the well-being of older adults

January 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

<p>Special thanks to Starbucks & Ivar's for donating their products to Community Dining</p>	<p>Milk choices: Skim, Buttermilk Chocolate, 2% Milk available on cook's request for any meal</p>	<p>Soul Food HOLIDAY Pork Chop w/ Pepper Cream Gravy Yams Mustard Greens Cornbread Apple Strudel Stick</p> <p>Available: Jan 14, 15, 16 Order by: Dec 23 2008</p>	<p>Closed for Holiday</p> 	<p>1 2</p> <p>Quiche Lorraine Capri Vegetables Spinach Salad Bavarian Roll Peaches</p>
<p>5</p> <p>Linguini Pasta w/Meat Sauce Parmesan Cheese Spinach Salad w/Dressing Garlic Breadstick Tropical Fruit</p>	<p>6</p> <p>Sliced Turkey w/Gravy Mashed Potatoes California Vegetables Cranberry Jelly Wheat Parker House Roll Sliced Peaches</p>	<p>7</p> <p>Polish Sausage w/Mustard Hot Dog Bun Sauerkraut Beans in Tomato Sauce Broccoli Fruit Cocktail</p>	<p>8</p> <p>Chicken Stir Fry Steamed Rice Bavarian Roll Lemon Pudding</p>	<p>9</p> <p>Pork Roast Steamed Red Potatoes Broccoli Brown Gravy French Bread Applesauce</p>
<p>12</p> <p>Curried Chicken Breast w/Sauce Coconut Rice Scandinavian Vegetable Mix Whole Wheat Bread Fresh Orange</p>	<p>13</p> <p>White Fish Fillet w/Lemon Sauce Rainbow Bow Tie Pasta Capri Vegetable Mix Fresh Roll Sherbet</p>	<p>14</p> <p>Pizza w/Beef Sausage Caesar Salad w/Dressing Fruit Mix including Cantaloupe</p>	<p>15</p> <p>Baked Chicken Breast w/Gravy Garlic Mashed Potatoes Prince William Vegetables Bavarian Roll Butterscotch Pudding</p>	<p>16</p> <p>Hamburger Patty on Hamburger Bun Tator Tots Coleslaw w/Carrots Lettuce & Tomato Slice Mandarin Oranges</p>
<p>Closed 19 in Observance of Martin Luther King, Jr. Day</p> 	<p>20</p> <p>Beef Stroganoff Curly Noodles California Mixed Vegetables Wheat Roll Chocolate Pudding</p>	<p>21</p> <p>Quiche Lorraine French Vegetable Mix Bavarian Roll Fresh Orange</p>	<p>Birthday 22</p> <p>Beef Pot Roast Spinach Salad w/Dressing Biscuit Birthday Cake</p> 	<p>23</p> <p>Turkey Tetrazzini Green Salad w/Dressing Small Whole Wheat Roll Tropical Fruit Mix</p>
<p>Chinese New Year 26</p> <p>Sweet & Sour Chicken Brown Rice Prince William Vegetables Parker House Roll Mandarin Oranges</p>	<p>27</p> <p>Fruit Glazed Turkey Ham Scalloped Potatoes Italian Vegetable Mix Cornbread Fruit juice Cookie</p>	<p>28</p> <p>Breaded Fish Fillet Tartar Sauce Mac & Cheese Spinach Wheat Roll Apricots</p>	<p>29</p> <p>Vegetarian Lasagna Green Salad w/Spinach w/Dressing Garlic Bread Tropical Fruit</p>	<p>30</p> <p>Meatloaf w/Gravy Mashed Potatoes Sliced Carrots Bavarian Roll Fresh Orange</p>