



Senior Services
Promoting the well-being of older adults

January 2009

Community Dining – Soup and Sandwiches

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Closed for the Holiday</p> 	<p>2</p> <p>Vegetable Soup Turkey on Whole Wheat Bread Spinach Salad Peaches</p>
<p>5</p> <p>Clam Chowder Egg Salad on Hamburger Bun Spinach Salad w/Dressing Tropical Fruit</p>	<p>6</p> <p>Chicken-Vegetable- Noodle Soup Roast Beef on Sourdough Coleslaw Sliced Peaches</p>	<p>7</p> <p>Beef Barley Soup Turkey on Whole Wheat Broccoli w/Ranch Dip Fruit Cocktail</p>	<p>8</p> <p>Vegetable Chowder Swiss Cheese/Pastrami on Rye Spinach Salad w/Dressing Butterscotch Pudding</p>	<p>9</p> <p>Beef-Vegetable- Noodle Soup Tuna Salad on Whole Wheat Carrot Slaw Applesauce</p>
<p>12</p> <p>Cream of Potato Soup BBQ Beef on a Bun Baby Carrots Fresh Orange</p>	<p>13</p> <p>Minestrone Soup Corned Beef on Rye Sandwich Sliced Peaches</p>	<p>14</p> <p>Ivar's Clam Chowder Ham & Swiss on Whole Wheat Caesar Salad w/Dressing Fruit Mix, including Cantaloupe</p>	<p>15</p> <p>Beef Vegetable Soup Tuna Salad on White Baby Carrots Butterscotch Pudding</p>	<p>16</p> <p>Corn Chowder Corned Beef & Swiss on Rye Green Salad w/Dressing Applesauce</p>
<p>19</p> <p>Closed in Observance of Martin Luther King, Jr. Day</p> 	<p>20</p> <p>Vegetarian Vegetable Soup Egg Salad on Sourdough Mandarin oranges</p>	<p>21</p> <p>Tomato Rice Soup Pastrami on Whole Wheat Caesar Salad w/Dressing Fresh Orange</p>	<p>22</p> <p>Split Pea Soup Roast Beef on Whole Wheat Salad w/ Spinach w/Dressing <i>Birthday Cake</i></p>	<p>23</p> <p>Bean with Bacon Soup Turkey/cranb&crm chse on Wheat Green Salad w/Dressing Tropical Fruit mix</p>
<p>26</p> <p>Chicken Noodle Soup Meatloaf on White Coleslaw Mandarin Oranges</p>	<p>27</p> <p>Clam chowder Ham on Rye Spinach Salad/dressing Fruit juice cookie</p>	<p>28</p> <p>Cream of Chicken Chicken Salad on Whole Wheat Broccoli w/ranch dip Apricots</p>	<p>29</p> <p>Chicken Vegetable Rice vv Turkey on Sourdough Tropical Fruit</p>	<p>30</p> <p>Tomato Bisque Tuna on a Bun Baby Carrots Fresh Orange</p>