



Senior Services
Promoting the well-being of older adults

March 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
Sloppy Joe Meat Hamburger Bun Winter Mixed Vegetables Carrot-Cabbage Slaw Lemon Pudding	Sweet & Sour Chicken (breast) Brown Rice Capri Vegetables Dinner Roll Mandarin Oranges	White Fish Fillet Rainbow Rotini Calif. Vegetable Mix Lemon Sauce Fresh Roll Apricots	Chicken Pot Pie Green Salad w/ Dressing Large Biscuit Plums	Vegetarian Lasagna Spinach Salad w/Dressing Garlic Bread Tropical Fruit Mix
9	10	11	12	13
Bk Chicken Quarter Mashed Potatoes Peas & Carrots Gravy Parker House Roll Cookie	Meatloaf Scalloped Potatoes Peas & Onions Gravy Wheat roll Sliced Peaches	Pineapple Pepper Pork Steamed Rice Prince William Vegetables Parker House Roll Applesauce	Breaded Fish Square w/Tartar Sauce Hamburger Bun Oven Fries Coleslaw/let & tom Mandarin Orange	Salisbury Steak w/Gravy Mashed Potatoes California Mix Whole Wheat Bread Strawberry Ice Cream
16	17	18	19	20
Beef in Stroganoff Sauce Noodles Sliced Carrots Wheatflake Roll Fresh Orange	Corned Beef Red Potatoes Baby Carrots Cabbage Wedge Rye bread Shamrock Cookie Rainbow Sherbet	Meatballs Penne Pasta Broccoli Marinara Sauce Garlic Bread Gelatin w/pears	Birthday Sliced Turkey w/Gravy Mashed Potatoes Scandinavian Vegetables Cranberry Jelly Dinner Roll <i>Birthday Cake</i>	Breaded Fish Patty w/Tartar Sauce Mac & Cheese Sliced Carrots Coleslaw Bavarian Roll Pineapple Tidbits
23	24	25	26	27
Turkey Ham w/Pineapple Mashed Winter Squash Green Beans Cornbread Gelatin w/Mixed Fruit	Tamale Pie w/Cornbread Topping Broccoli Green Salad w/ Dressing Apricots	Curried Chicken Breast w/Sauce Coconut Rice Scandinavian Vegetable Mix Parker House Roll Tropical Fruit	Roast Beef Mushroom Gravy Mashed Potatoes Spinach Whole Wheat Bread Cookie	Cheeseburger let/tom/condiments Hamburger Bun Tator Tots Carrot salad w/Peppers Butterscotch Pudding
30	31	Special thanks to Starbucks & Ivar's for donating their products to Community Dining		27
Turkey a la King Spinach Linqini Broccoli Parker House Roll Tropical Fruit	Ivar's Clam Chowder Chef's Salad Whole Grain Roll Mandarin Oranges	Milk choices: Skim, Buttermilk Chocolate, 2% Milk available on cook's request for any meal		Holiday Meal: Winter's Almost Over Turkey Pot Roast Red Potatoes& stew veg Biscuit/margarine Apple Crisp
				Available: Mar 11, 12, 13 Order by: March 3

