



Senior Services
Promoting the well-being of older adults

March 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 Mushroom Soup Thin Sliced Ham on Bun Carrot-Cabbage Slaw Fruit Juice Lemon Pudding	3 Chicken Veg Rice Tuna Salad on Wheat Mandarin Oranges	4 Ivar's Clam Chowder Corned Beef on Wheat Cole slaw Apricots	5 Beef Barley Soup Roast Beef on Whole Wheat Fruit Juice Plums	6 Split Pea Soup Turkey on Wheat Spinach Salad w/Dressing Tropical Fruit Mix
9 Very Veggie Soup Pastrami on Wheat Cookie	10 Corn Chowder Chicken Salad Sliced Peaches	11 Cream of Tomato Soup Turkey Ham on Sourdough Baby Carrots Applesauce	12 Chicken Veget Rice Meatloaf on Sourdough Mandarin Orange	13 Chicken Veget Rice Meatloaf on Sourdough Strawberry Ice Cream
16 Chicken Noodle w/Vegetables Sloppy Joe/Bun Carrot Cab Slaw Fresh Orange	17 Minestrone Turkey on Wheat Fruit Juice Shamrock ckie/rainbow shrbt	18 Cream of Potato Corned beef/Swiss on Rye Broccoli w/Dip Gelatin w/Pears	19 Beef Vegetable Soup Tuna Salad on Sourdough Fruit Juice <i>Birthday cake</i> 	20 Cream of Vegetable Roast Beef on Hoagie Coleslaw Pineapple tidbits
23 Ivar's Clam Chowder Egg Salad on Whole Wheat Baby Carrots Gelatin w/ Mixed Fruit	24 Tomato Bisque Turkey Sal on Whole Wheat Broccoli/Ranch Dip Apricots	25 Very Vegetable Soup Ham on Rye Tropical Fruit	26 Chicken Tortilla Tur/cranb/crm chs 9 Grain Fruit Juice Sliced Apples	27 Lentil w/Vegetables Soup Tuna Salad on Wheat Carrot Salad w/Peppers Butterscotch Pudding
30 Vegetable Beef Soup Corned Beef on Wheat Tropical Fruit	31 Ivar's Clam Chowder BBQ Beef on Bun Baby Carrots Mandarin Oranges	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	