



March 2010

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
1	2	3	4	5
Sloppy Jo on Bun Winter Vegetable Mix Carrot-Cabbage Slaw Lemon Pudding	Oven Fried Chicken Breast Creamed Spinach Cornbread Dressing Fruit Salad	White Fish Fillet w/Lemon Sauce Rainbow Rotini California Vegetable Mix Fresh Roll Apricots	Smothered Steak Rice w/Gravy Mixed Vegetables Dinner Roll Peach Cobbler	Beef Lasagna Fresh Spinach Salad w/Dressing Garlic Bread Tropical Fruit Mix
8	9	10	11	12
Succulent Ham Macaroni & Cheese Green Beans Apple Sauce Biscuit Cantaloupe	Jambalaya over Rice Green Salad w/Dressing Cornbread Sweet Potato Pie	Baked Chicken Mashed Potatoes w/Gravy Carrot & Broccoli Parker House Roll Cookie	Sausage w/Cabbage Rice w/Gravy Carrots Cornbread Gelatin w/Fruit	Salisbury Steak Mashed Potatoes w/Gravy California Mixed Veggies Whole Wheat Bread Sherbet
15	16	17	18	19
Baked Salmon Noodles Carrot Coins Wheat Flake Roll Fresh Orange	Fried Catfish Succotash Roasted Potatoes Whole Wheat Rolls Blackberry Cobbler	Corned Beef Red Potatoes Baby Carrots Cooked Cabbage Rye Bread Shamrock Cookie/Rainbow Sherbet	Birthday Smothered Chicken Breast Mashed Potatoes w/Gravy Green Beans Whole Wheat Roll Birthday Cake	Crispy Fish Patty w/Tartar Sauce Macaroni & Cheese Sliced Carrots Coleslaw Bavarian Roll Tropical Fruit Mix
22	23	24	25	26
Succulent Ham w/Pineapple Glaze Mashed Winter Squash Green Beans Cornbread Mandarins	Smothered Pork Chops Mashed Potatoes w/Gravy Collard Greens Cornbread Ice Cream	Curried Chicken Breast w/Sauce Coconut Rice Italian Vegetable Mix Parker House Roll Tropical Fruit	Liver & Onions Lima Beans Rice w/Gravy Cornbread Peach Cobbler	Cheeseburger w/Lettuce & Tomato on Bun Tatar Tots Carrot & Pepper Salad Oranges
29	30	31		
Turkey a la King w/ Peas & Carrots Linguini Broccoli Parker House Roll Mandarin Oranges	Salmon Croquette Mixed vegetables Rice w/Gravy Dinner Roll Fruit Salad	Shepherd's Pie Fresh Green Salad w/ Dressing Whole Grain Roll Cookie	Milk Choices: Skim, Chocolate, 2% Milk available upon request for any meal	Soul Food Tuesdays & Thursdays

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			1	2
		Special thanks to Starbucks & Ivar's for donating their products to Community Dining Milk choices: Skim, Chocolate, 2% Milk available on cook's request for any meal	Chicken & Dumplings Collard Greens Cornbread Strawberry Shortcake	Chicken & Vegetable Stir Fry Steamed Rice Whole Wheat Roll Vanilla Pudding w/Fresh Sliced Banana
5	6	7	8	9
Pork Roast w/Gravy Mashed Yellow Squash Broccoli Parker House Roll Cantaloupe	Fried Catfish Macaroni & Cheese Mixed Vegetables Whole Wheat Roll Blackberry Cobbler	Spring Holiday Meal Fruit Glazed Ham Scalloped Potatoes Mixed Veggies 9-Grain Roll Strawberry Shortcake	Salmon Croquette Rice w/ Gravy Broccoli Dinner Roll Fruit Salad	Cheeseburger w/Lettuce & Tomato on Bun Tatar Tots Coleslaw Fresh Orange
12	13	14	Birthday 15	16
Curried Chicken Breast w/Sauce Coconut Rice Prince William Vegetables Fresh Green Salad w/Dressing Whole Wheat Bread Diced Peaches	Smothered Pork Chops Rice w/ Gravy Green Beans Dinner Roll Peach Cobbler	Turkey Tetrazzini Fresh Green Salad w/Dressing Fresh Roll Tropical Fruit Mix	Oven Fried Chicken Breast Rice w/ Gravy Mixed Vegetables Whole Wheat Roll Birthday Cake	Ivar's Clam Chowder Chef Salad w/Ranch Dressing Wheat Roll Mandarin Oranges
19	20	21	22	23
Beef Stroganoff Curly Noodles California Mixed Veggies Bavarian Roll Cherry Gelatin w/Pears	Jambalaya over Rice Mixed Vegetables Dinner Roll Fruit Salad	Vegetarian Lasagna Fresh Spinach Salad w/Dressing Garlic Bread Tropical Fruit	Red Beans & Rice Turkey Ham Collard Greens Cornbread Banana Pudding	Succulent Fruit Glazed Ham Scalloped Potatoes Italian Vegetable Mix Cornbread Fruit Cocktail
26	27	28	29	30
Egg Breakfast Burrito w/Spanish Sauce Hash Brown Potato Triangles Fresh Orange	Liver & Onions Peas 7 Carrots Rice w/ Gravy Dinner Roll Cantaloupe	Beef & Bean Burrito w/Cheese & Enchilada Sauce Spanish Rice Fresh Green Salad w/Dressing Cantaloupe	Meatloaf Mashed Potatoes w/ Gravy Green Salad w/ dressing Whole Wheat Roll Gelatin w/ Fruit	BBQ Chicken Breast Baked Beans Zucchini Squash & Carrots Banana Bran Loaf Pears in Gelatin