

# August 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
2	3	4	5	6
Teriyaki Pork Stir Fry w/Snow Peas & Carrots Steamed Rice Multi-Grain Roll Fruit Cocktail	Salmon Croquette Rice w/Gravy Mixed Vegetables Whole Wheat Roll Ice Cream	Meatloaf Mashed Potatoes w/Gravy Spinach Salad w/Dressing Fruit Salad	Baked Chicken Breast Creamed Spinach Carrots Rice w/Gravy Whole Wheat Roll Fresh Fruit	Fish Patty w/Lettuce, Tomato & Tartar Sauce on Bun Tatar Tots Coleslaw Apricots
9	10	11	12	Holiday Meal 13
Beef Stew Fresh Green Salad w/Dressing Bavarian Roll Sliced Pears	Fried Catfish Collard Greens Roasted potatoes Cornbread Ice Cream	Turkey Ala King w/ Linguini Noodles Broccoli Parker House Roll Sliced Watermelon	Smothered Pork Chops Carrots & Brussels Sprouts Mashed Potatoes w/Gravy Whole Wheat Roll Fresh Fruit	BBO Chicken Breast Marconi Salad Broccoli & Carrots Biscuits Sliced Watermelon
16	17	18	19	20
Italian Chicken Sau- sage Bow Tie Pasta w/Marinara Sauce & Mozzarella Cheese California Vegetable Mix Garlic Bread Sliced Peaches	Sausage w/Cabbage Rice w/Gravy Carrots Cornbread Fresh Fruit	Chicken Taco Salad w/Refried Beans, Shredded Cheddar Cheese, Tomato Wedge & Lettuce on a Tortilla Shell Sliced Cantaloupe	Birthday Lunch Oven Fried Chicken Breast Rice w/Gravy Vegetable Mix Whole Wheat Roll Birthday Cake	Tamale Pie w/Cornbread Topping Fresh Green Salad w/Dressing Broccoli Fresh Orange
23	24	25	26	27
Pork Chile Verde White Rice Capri Vegetable Mix Corn Tortilla 100% Juice Cookie	Jambalaya over Rice Collard Greens Cornbread Cantaloupe	Monterey Turkey w/Linguini Noodles Fresh Spinach Salad w/Dressing 9 Grain Roll Fruit Cocktail	Fried Catfish Roasted Potatoes Coleslaw Whole Wheat Roll Fresh Fruit	<b>Ivar's Clam Chowder</b> Chop-Chop Salad (Romaine, Diced Chicken, Mozzarella, Salami & Diced To- mato) Parker House Roll Fresh Orange
30	31			
Penne Pasta w/Meat Balls & Marinara Sauce Fresh Spinach Salad w/Dressing Garlic Bread Pineapple Tidbits	Liver & Onions Lima Beans Rice w/Gravy Cornbread Ice Cream			