

HOT LUNCH MENU Served Monday-Friday, 12pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEVERAGE CHOICES	Chef's Note	Seattle Rep Trip 1	Wellness Clinic 2	Dental Hygiene 3
Regular Coffee 50cents Decaf Coffee 50cents Assorted Teas 50cents Non-Fat Milk Free 2% Milk Free Chocolate Milk Free Soda / Bottle Water \$1	<i>"I hope you will enjoy these meals with new and old friends. Thank you for joining me for Community Dining"</i> Menu is subject to change and delicious surprises.	Buttermilk Fried Chicken Mashed Potatoes with Gravy, Roasted Cauliflower, Fresh Orange Vanilla Ice Cream	Lemon Tarragon Pork Chop Parsley Potatoes Roasted Summer Squash Roll with Butter Fruit Salad Pineapple Cole Slaw	Macaroni & Cheese with Ham Steamed Broccoli Buttermilk Biscuit 3 Bean Salad Peach Cobbler with Vanilla Sauce
Red Hat Meeting 6	Tech Table 7	Knitting Group 8	Wings Trip 9	Bastyr Clinic 10
Chicken Salad Sandwich with lettuce & tomato Carrot Raisin Salad Cream of Tomato Soup Ice Cream	Quiche with cheese and Italian Fennel Sausage , Roasted Cottage Fries, Buttered Corn, Cucumber Dill Salad, Apricots	Meatloaf Mashed Potatoes with Gravy, Green Beans Cheddar Chive Biscuit with Butter Cantaloupe	Swedish Meatballs with Egg Noodles , Romaine/ Spinach Salad with Dressing, Harvard Beets Roll with Butter Pineapple Dessert	Chicken Noodle Soup Grilled Cheese Sandwich Mixed Citrus Fruit Parfait Green Salad
Low Vision 13	Foot Care 14	Senior Rights 15	Birthday Lunch 16	St. Patrick's Day 17
Grilled Ham and Cheese Sandwich, Cream of Broccoli Soup , Potato Salad, Apricots, Ice Cream	Penne Pasta with Prosciutto Sauce Broccoli & Roasted Red Peppers, Arugula Salad, Garlic Bread Strawberry Jello	Chicken & Dumplings Swiss Chard Harvard Beets Ambrosia Salad Ice Cream	Roast Pork , Mashed Potatoes with Gravy Chilled Roasted Carrots with Dill, Roll with Butter Berries & Cream Dessert	Corned Beef & Cabbage, Carrots, Boiled Potatoes, Irish Soda Bread Irish Cream Cake
Bead Works 20	Dinner Club 21	Dietary Changes 22	A.B.L.E Lunch 23	Art Therapy 24
Turkey Tortellini Soup Grilled Cheese Sandwich Mixed Fruit with Citrus Ice Cream	Fish and Sweet Potato Chips , Peas & Cauliflower Salad, Dinner Roll Tropical Fruit	Spaghetti & Meatballs , Garlic Bread, Zucchini Green Salad Banana Pudding	BBQ Pulled Pork Sandwich Sweet Potato Fries Spinach Salad Baked Apple	Chicken Tortilla Soup Ham and Cheese Wrap Fresh Garden Salad Citrus Fruit Bowl Fresh Cookies
Life Transitions 27	Photography Trip 28	AARP TaxAide 29	AARP Drivers 30	Men's Breakfast 31
Tuna Salad Sandwich with Lettuce & Tomato Cream of Mushroom Soup, Apricot & Strawberry Mix Ice Cream	Hamburger on Bun with Lettuce & Tomato Roasted Potatoes & Carrots or Sweet Potatoes Citrus Fruit Salad	Beef Taco Salad Lettuce, Tomatoes, Salsa, Refried Beans, Corn Chips Poached Pear	BBQ Chicken Baked Beans Sautéed Spinach & Kale Pineapple Coleslaw Cornbread with pat butter Tapioca Pudding	Crab Cakes with Tartar Sauce , Rice Pilaf Biscuits with butter Broccoli Berry Cobbler

DAILY COMMUNITY DINING LUNCH

Mondays - Fridays, 12:00pm

Fee: \$5 suggested donation for 60 and up.

FOOD & FLOWERS PICK UP - FREE

Select Weekdays—Provided by Ballard Food Bank, CityFruit, Tall Grass Bakery, Family Donut Shop in Edmonds, and Java Bean.

MEALS ON WHEELS - (206) 448-5767

Monday-Friday, provided by Sound

MINOR HOME REPAIR - 206-448-5751

Provided by Sound Generations

PATHWAYS - Free 1-800-667-1116

Provided by Sound Generations.

ELDERCARE LOCATOR - Free 1-800-667-1116

US Health and Human Services Department

PNA VILLAGES

(206) 789-1217

Provided by Phinney

Neighborhood Association