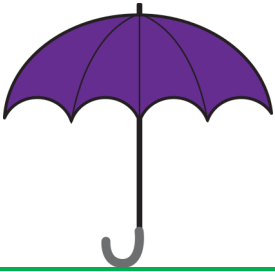


Lake City

SENIORS COMMUNITY MEAL

Meals: Mondays, Wednesdays, and Fridays: **12:30 – 1:30 PM**
Lamb of God Church —12509 27th Ave NE



April Menu


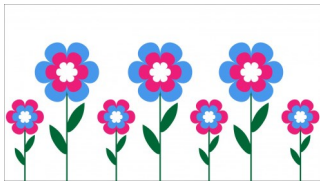

(Please note the menu is subject to change)

 **Symbol Indicates Vegetarian Menu**

To Go Meals: We are no longer serving “to go” meals. If there is food left over at the end of the meal service, and you’ve received a seated meal, we are more than happy to distribute the left over food. We hope you are able to join us to sit and enjoy a meal. If you are unable to join us for a meal please speak to Lake City Seniors to get more information about our delivery meals.

Dessert: All meals will continue to be served with dessert to be determined the week of.

Programming and Information/Assistance: In person programming is at the **Lamb of God Lutheran Church**. Also, we are offering Zoom fitness classes including Chair Yoga and Tai Chi, as well as weekly over the phone Bingo. *Please call Lake City Seniors at 206-268-6740 if you have questions about services or know of an older adult in need of a meal or outreach.*

<p>Monday April 1 Peanut Lime Noodles w. Beef Green Salad w. Carrot Ginger Dressing</p>	<p>Wednesday April 3 Ras Al Hanout Chicken and Onions Couscous Tomato and Cucumber Salad</p>	<p>Friday April 5 Cumin Chicken w. Cilantro Lime Rice Corn Salad</p>
<p>Monday April 8 Penne w. Sausage(Pork), Peas, and Oyster Mushrooms Beet and Pear Salad</p>	<p>Wednesday April 10 BBQ Chicken Macaroni Salad Kale Salad w. Pesto Dressing</p>	<p>Friday April 12 Grilled Cheese Tomato Soup Green Salad w. Chicken and Ranch</p>
<p>Monday April 15 Paella Rice w. Chicken and Sausage (Beef/Pork) Pipirrana (tomato, pepper, and cu- cumber) Salad</p>	<p>Wednesday April 17 Pepperoni Pizza Caesar Salad</p>	<p>Friday April 19 Tarragon Pesto Pasta w. Chicken Arugula and Parmesan Salad</p>
<p> Monday April 22 Fried Tofu and Mushrooms in Oyster Sauce Shredded Carrot Salad Rice</p>	<p>Wednesday April 24 Lemon Pepper Chicken w. Dill Sauce Tabbouleh Greek Salad</p>	<p>Friday April 26 Chicken Biryani Spring Salad w. Fruit</p>
<p>Monday April 29 Beef Tacos w. Pineapple Salsa Black Bean Salad</p>		

This meal is a collaboration of

