



# SENIORS COMMUNITY MEAL

Delivery Meals now Available! Call Lake City Seniors at 206-268-6740

To-Go Meals: Mondays, Wednesdays, and Fridays: **12:30 – 1:30 PM**  
 Lake City Community Center—12531 28<sup>th</sup> Ave NE  
 \*Please wear a mask and practice social distancing





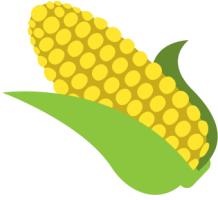
## August To-Go Menu

(Please note the menu is subject to change)

 Symbol Indicates Vegetarian Menu

**Community Meal:** Until at least the end of August, we will be serving take-home meals only. We recommend arriving throughout the hour between 12:30 to 1:30 pm so that we don't have a crowd forming at any particular time.

**Programming and Information/Assistance:** Programming will remain limited this month. We are offering Zoom fitness classes including Chair Yoga and Tai Chi, as well as weekly over the phone Bingo. Hyde shuttle August be able to help with Lunch deliveries. 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.

 <b>Monday, August 3</b> Green Goddess Quesadillas Quinoa Feta Salad Roasted Squash Strawberries & cream Shortbread cookie	<b>Wednesday, August 5</b> Slow cooked pork Mashed cauliflower Sautéed Swiss Chard Corn Tortilla Pineapple with Mint Sugar	<b>Friday, August 7</b> Lamb Kofte with Pita Bread Cucumber Tomato Salad Tzatziki Grapes Stuffed Dates
 <b>Monday, August 10</b> Roasted Veggie Lentil Wrap Turmeric Rice Yogurt Sauce Cherries Theo's Dark Chocolate	<b>Wednesday, August 12</b> Baked Salmon Creamy Corn Grits Greens Peach Pound Cake	<b>Friday, August 14</b> Beef Lettuce Wraps Steamed Rice Cucumber Salad Watermelon Flourless Peanut Butter Cookies
 <b>Monday, August 17</b> White Bean Chili Spelt Salad Sautéed Kale & Grilled Leaks Peaches Chocolate Covered Almonds	<b>Wednesday, August 19</b> Green Chicken Mole Spanish Rice Marinated Summer Squash Honeydew Melon Mexican Wedding Cookies	<b>Friday, August 21</b> Grilled Eggplant Salami Sandwiches Caprese Salad Plum Crumble
 <b>Monday, August 24</b> Cheesy Summer Squash Casserole Black-eyed Pea Salad Garlicky Collard Greens Nectarines Theo's Dark Chocolate	<b>Wednesday, August 26</b> Fennel Sausage Hash Herbed Cauliflower Rice Blue Cheese Pear Salad Brioche Dinner Roll Rhubarb Crisp	<b>Friday, August 28</b> Sesame Shrimp Noodles Peanut Sauce Cucumber Carrot Salad Berries Lemon Bars
 <b>Monday, August 31</b> Indian Style Cauliflower & Potatoes Cumin Rice Stewed Lentils Watermelon Carrot Pudding		

This meal is a collaboration of

