



SENIORS COMMUNITY MEAL

To-Go Meals: Mondays, Wednesdays, and Fridays: **12:30 – 1:30 PM**
Lake City Community Center — 12531 28th Ave NE



August To-Go Menu

(Please note the menu is subject to change)

 **Symbol Indicates Vegetarian Menu**



Community Meal: Due to COVID, 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 may 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.*

<p>Monday August 1 Pastrami Sandwich Cucumber, Tomato, and Mozzarella Salad Chocolate Chip Cookies</p>	<p>Wednesday August 3 Sausage and Sauerkraut Chickpea and Cucumber Salad Brownies</p>	<p>Friday August 5 Turkey and Swiss Sandwiches Charred Corn Salad w. Cilantro Lime Vinaigrette Ginger Cookies</p>
<p>Monday August 8 Tarragon Chicken Pasta Salad Three Bean Salad Cherry Almond Chocolate Cookies</p>	<p>Wednesday August 10 Jambon Beurre Sandwich Waldorf Salad Snickerdoodle Cookies</p>	<p>Friday August 12 Baked Ziti w. Sausage and Peas Caesar Salad w. Croutons Lemon Cornbread</p>
<p>Monday August 15 Red Beans and Rice w. Sausage Parsley and Charred Green Onion Salad Peanut Butter Cookies</p>	<p>Wednesday August 17 Lemon Chicken w. Roasted Garlic Sauce Arugula Salad Blondies</p>	<p>Friday August 19 Chicken Fajitas Corn Salad w. Pickled Onions Oatmeal Cranberry Cookies</p>
<p>Monday August 22 Chicken Caesar Pasta Salad Tomato and Cucumber Salad Shortbread Cookies</p>	<p>Wednesday August 24 Kielbasa Honey Cole Slaw Spinach Salad w. Honey Mustard Dressing Cornbread</p>	<p>Friday August 26 Chicken Feta Orzo Salad Apple and Beet Salad Cherry Almond Chocolate Cookies</p>
<p>Monday August 29 Pesto Chicken Wrap Mesclun Salad w. Goat Cheese Almond Cookies</p>	<p>Wednesday August 31 Chicken Sesame Noodles w. Edamame(Cold) Green Salad w. Carrot Ginger Dressing Cinnamon Chocolate Cookies</p>	

This meal is a collaboration of



Hunger Intervention Program



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