

# Lake City

## SENIORS COMMUNITY MEAL

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

### December 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.*

	 <i>Happy Hanukkah</i>	<b>Friday December 1</b> Tarragon Pesto Pasta w. Chicken Arugula Salad
<b>Monday December 4</b> Red Beans and Rice (Beef and Pork) Garlic Sauteed Kale	<b>Wednesday December 6</b> Chicken Ropa Vieja Spanish Rice Garlic Kale	 <b>Friday December 8</b> BBQ Baked Beans (VEG) Honey Cole Slaw
<b>Monday December 11</b> Penne w. Meat Sauce Beet and Pear Salad	<b>Wednesday December 13</b> Pepperoni Pizza Caesar Salad	<b>Friday December 15</b> Beef Tacos w. Pineapple Salsa Black Bean Salad w. Lime Dressing
<b>Monday December 18</b> Penne Vodka w. Chicken Arugula and Parmesan Salad	<b>Wednesday December 20</b> Chicken Ropa Vieja Spanish Rice w. Kale	<b>Friday December 22</b> Holiday Meal TBD Details coming
<b>Monday December 25</b> No Meal  Merry Christmas	<b>Wednesday December 27</b> No Meal   Happy Kwanzaa	<b>Friday December 29</b> No Meal  Happy Holidays

This meal is a collaboration of



**Hunger Intervention Program**

