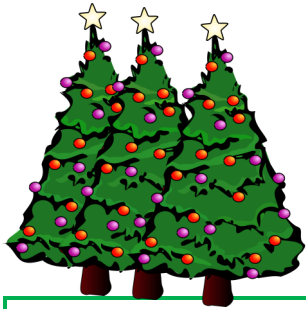


Lake City

SENIORS COMMUNITY MEAL

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



December Menu

(Please note the menu is subject to change)



 **Symbol Indicates Vegetarian Menu**



Community Meal: We are serving sit down, in person meals at 12:30p. We ask that if you'd like a to go meal, that you arrive at 1pm.

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

Programming and Information/Assistance: In person programming is back at the Lake City Community Center. 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>Friday December 2 Baked Penne w. Sausage and Peas Caesar Salad w. Croutons</p>
<p>Monday December 5 Teriyaki Chicken w. Rice Green Salad w. Carrot Ginger Dressing</p>	<p> Wednesday December 7 Potato and Lentil Soup Roasted Brussel Sprouts and Squash</p>	<p>Friday December 9 Pork Ragu w. Penne Citrus and Fennel Salad</p>
<p>Monday December 12 Red Beans and Rice w. Sausage Garlic Sauteed Kale</p>	<p>Wednesday December 14 Tarragon Chicken Pasta Three Bean Salad</p>	<p>Friday December 16 Chicken "Ropa Vieja" Spanish Rice Charred Sprouts</p>
<p>Monday December 19 Kielbasa Honey Cole Slaw Spinach Salad w. Honey Mustard</p>	<p>Wednesday November 21 Holiday Menu TBD</p>	<p>Friday December 23 No Meal</p> <p>Merry Christmas</p>
<p>Monday December 26 No Meal</p> <p> Happy Hanukkah</p>	<p>Wednesday December 28 No Meal</p> <p> Happy Kwanzaa</p>	<p>Friday December 30 No Meal</p> <p>Happy Holidays</p>

This meal is a collaboration of

