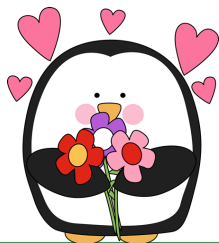


Lake City SENIORS COMMUNITY MEAL

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



February 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>Friday February 2 Lemon Pepper Chicken w. Turmeric Rice Greek Salad</p>
<p>Monday February 5 Penne w. Italian Sausage(Pork) and Mushrooms Beet and Pear Salad</p>	<p>Wednesday February 7 Cumin Chicken w. Cilantro Lime Rice Corn Salad</p>	<p>Friday February 9 Black Bean Noodles w. Beef and Mushrooms Cabbage and Sprout Salad w. Sesame Miso Dressing</p>
<p>Monday February 12 Red Beans and Rice w. Sausage(Beef/Pork) Garlic Sauteed Kale</p>	<p>Wednesday February 14 Open Faced Focaccia Sandwich(Pepperoni and Olive Tapenade) Cobb Salad w. Ranch Dressing</p>	<p> Friday February 16 Veg. BBQ Beans Cole Slaw Spinach Salad</p>
<p>Monday February 19 No Meal, President’s Day</p>	<p>Wednesday February 21 Pepperoni Pizza Caesar Salad</p>	<p>Friday February 23 Beef Tacos w. Pineapple Salsa Black Bean Salad</p>
<p>Monday February 26 Tarragon Pesto Pasta Arugula Salad w. Parmesan</p>	<p>Wednesday February 28 Paella w. Chicken and Sausage(Beef/Pork) Pipirrana Salad (Tomato,Peppers,Cucumber)</p>	<p> </p>

This meal is a collaboration of

