



# SENIORS COMMUNITY MEAL

To-Go Meals: Mondays, Wednesdays, and Fridays: **12:30 – 1:30 PM**

**Lake City Community Center** — 12531 28th Ave NE



## January To-Go Menu




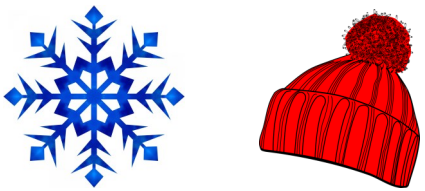
*(Please note the menu is subject to change)*

 **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><b>Monday January 3</b> Paprika Chicken Jollof Rice Garlic Sauteed Kale Chocolate Chip Cookies</p>	<p><b>Wednesday January 5</b> Lemon Basil Chicken w. Mushrooms Caesar Salad w. Croutons Lemon Cornbread Cake</p>	<p><b>Friday January 7</b> Beef Lentil Soup w. Baguette Roasted Fingerling Potatoes Brownies</p>
<p><b>Monday January 10</b> Garlic Chicken w. Lime Crema Spanish Rice Catalan Style Sauteed Greens Mexican Chocolate Cookies</p>	<p> <b>Wednesday January 12</b> Pasta e Fagioli Garlic Roasted Broccoli Ginger Cookies</p>	<p><b>Friday January 14</b> Teriyaki Chicken w. Rice Green Salad w. Carrot Ginger Dressing Coffee Cake</p>
<p><b>Monday January 17</b> Cumin Spiced Beef Pita Parsley and Charred Onion Salad Buckeyes</p>	<p><b>Wednesday January 19</b> Red Beans and Rice w. Sausage Garlic Sauteed Kale Cornbread</p>	<p><b>Friday January 21</b> Herb Roasted Chicken Lemon Rice Pilaf Sauteed Napa Cabbage and Shaved Sprouts Strawberry Jam Bars</p>
<p><b>Monday January 24</b> Tarragon Chicken Salad Wrap Three Bean Salad w. Sauteed Chard Brown Sugar Blondies</p>	<p> <b>Wednesday January 26</b> Baked Ziti Sauteed Cannelini Beans w. Broccoli Almond Cookies</p>	<p><b>Friday January 28</b> Chicken w. Chimichurri Grain Bowl w. Squash and Arugula Cinnamon Apple Bread</p>
<p><b>Monday January 31</b> Sausage and Peppers Dinner Roll Shaved Broccoli and Sprout Salad Thumbprint Cookies</p>		

This meal is a collaboration of



**Hunger Intervention Program**



BRIDGING CULTURES COMMUNITIES & GENERATIONS