

# Lake City SENIORS COMMUNITY MEAL

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



## January Menu

(Please note the menu is subject to change)







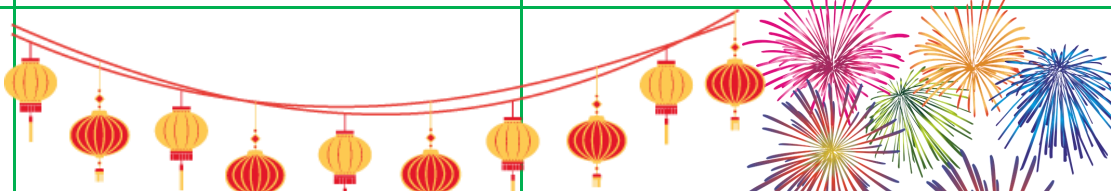
Symbol Indicates Vegetarian Menu



**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><b>Wednesday January 4</b>                  Spaghetti and Sausage w. Cream Sauce                  Mixed Greens Salad w. Feta and Apple</p>	<p> <b>Friday January 6</b>                  Roasted Chickpeas w. Garlic Sauce                  Arugula Salad w. Croutons</p>
<p><b>Monday January 9</b>                  Penne w. Pork Ragu                  Pesto Green Beans</p>	<p><b>Wednesday January 11</b>                  Lemon Pepper Chicken w. Tzatziki                  Orzo Salad w. Lemon Basil Vinaigrette</p>	<p><b>Friday January 13</b>                  Flank Steak Ropa Vieja                  Spanish Rice                  Charred Lime and Garlic Sprouts</p>
<p><b>Monday January 16</b>                  No Meal                  Happy MLK Jr. Day</p>	<p><b>Wednesday January 18</b>                  Italian Sausage Pizza                  Caesar Salad w. Croutons</p>	<p><b>Friday January 20</b>                  Braised Cumin Chicken w. Tomatillo Salsa                  Black Bean Salad</p>
<p><b>Monday January 23</b>                  Tomato Soup                  Spring Chicken Salad w.                  Ranch Dressing</p>	<p> <b>Wednesday January 25</b>                  Sesame Noodle Salad w. Edamame                  Green Salad w. Carrot Ginger Dressing</p>	<p><b>Friday January 27</b>                  Lasagna                  Garlic Roasted Broccoli, Fennel, and Sprouts</p>
<p> <b>Monday January 30</b>                  Minestrone Soup                  Panzanella Salad</p>		

This meal is a collaboration of



Hunger Intervention Program

