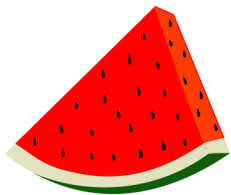


Lake City

SENIORS COMMUNITY MEAL

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



July Menu

(Please note the menu is subject to change)



Symbol Indicates Vegetarian Menu



To Go Meals: We are no longer serving “to go” meals. 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>Monday July 1 Beef in Oyster Sauce w. Noodles Shredded Carrot Salad</p>	<p>Wednesday July 3 Summer Celebration Meal Bratwurst and Sauerkraut Potato Salad</p>	<p>Friday July 5 Herb Roasted Chicken w. Creamy Chimichurri Spanish Rice Cucumber Salad w. Creamy Dill Dressing</p>
<p>Monday July 8 Tarragon Pesto Chicken w. Penne Three Bean Salad</p>	<p>Wednesday July 10 Pepperoni Pizza Caesar Salad</p>	<p>Friday July 12 Cumin Chicken Cilantro Rice Corn Salad w. Lime Crema</p>
<p>Monday July 15 Peanut Sesame Noodles w. Beef Green Salad w. Carrot Ginger Dressing</p>	<p>Wednesday July 17 BBQ Chicken Macaroni Salad Spring Mix w. Garlic Basil Dressing</p>	<p>Friday July 19 Paella Rice w. Chicken and Sausage Pipirrana Salad (Green Pepper and Tomato)</p>
<p>Monday July 22 Beef Tacos w. Pineapple Salsa Black Bean Salad</p>	<p>Wednesday July 24 Chicken Bruschetta on Focaccia White Bean Salad</p>	<p>Friday July 26 July Birthday Meal Ras El Hanout Roasted Chicken Couscous Tomato and Cucumber Salad</p>
<p>Monday July 29 Baked Ziti w. Sausage and Peas Beet and Pear Salad</p>	<p>Wednesday July 31 Lemon Oregano Chicken Turmeric Rice Greek Salad</p>	

This meal is a collaboration of



**Hunger
Intervention
Program**

