

# Lake City SENIORS COMMUNITY MEAL

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



## June Menu

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


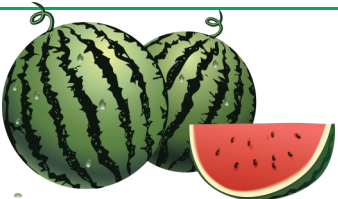
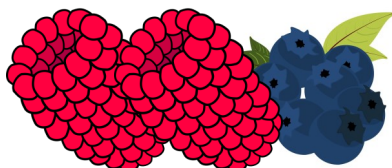


**Symbol Indicates Vegetarian Menu**

**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><b>Monday June 3</b> Peanut Sesame Noodles w. Beef Green Salad w. Carrot Ginger Dressing</p>	<p><b>Wednesday June 5</b> Chicken Feta Orzo Salad Tuscan White Bean and Kale Salad</p>	<p><b>Friday June 7</b> BBQ Beans w. Sausage Cole Slaw Summer Salad</p>
<p><b>Monday June 10</b> Red Beans and Rice w. Sausage Garlic Sauteed Kale</p>	<p><b>Wednesday June 12</b> Pepperoni Pizza Caesar Salad</p>	<p><b>Friday June 14</b> Lemon Oregano Marinated Chicken Turmeric Rice Greek Salad</p>
<p><b>Monday June 17-National Eat Your Veggies Day</b> Roasted Chickpea Wrap  Grain Tabbouleh</p>	<p><b>Wednesday June 19</b> No Meal Juneteenth</p>	<p><b>Friday June 21-Juneteenth Celebration Meal</b> Kielbasa and Sauerkraut Watermelon, Feta, and Mint Salad</p>
<p><b>Monday June 24</b> Beef Tacos w. Pineapple Salsa Black Bean Salad</p>	<p><b>Wednesday June 26</b> BBQ Chicken Macaroni Salad Green Salad w. Pesto Dressing</p>	<p><b>Friday June 28-June Birthday Celebration Meal</b> Ras El Hanout Roasted Chicken Couscous Tomato and Cucumber Salad</p>
		

This meal is a collaboration of



**Hunger Intervention Program**

