



SENIORS COMMUNITY MEAL

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



June To-Go Menu

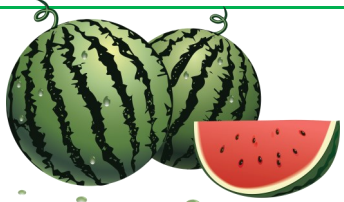
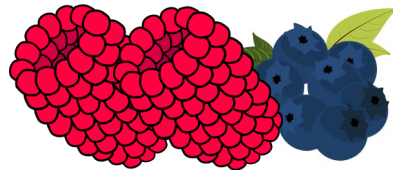
(Please note the menu is subject to change)



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>Wednesday June 1 Lemon Pepper Chicken w. Tzatziki Orzo Salad w. Lemon Basil Vinaigrette Lemon Cornbread</p>	<p>Friday June 3 Pastrami Sandwiches Mesclun Salad w. Goat Cheese and Raspberry Vinaigrette Coffee Cake</p>
<p>Monday June 6 Pesto Chicken Salad Wrap Cucumber, Tomato, and Mozzarella Salad Almond Cookies</p>	<p>Wednesday June 8 Steak Wrap w. Garlic Sauce Parsley and Charred Green Onion Salad Cranberry Oatmeal Cookies</p>	<p>Friday June 10 Chicken Ropa Vieja Spanish Rice Charred Lime and Garlic Sprouts Cinnamon Brownies</p>
<p>Monday June 13 Cheesesteak Sandwiches Waldorf Salad Chocolate Chip Cookies</p>	<p>Wednesday June 15 Garlic Chicken Fajitas w. Lime Crema Corn Salad w. Quick Pickled Onions Chocolate Cookies</p>	<p>Friday June 17 Sausage and Pepper Sandwiches Spinach Salad w. Honey Mustard Dressing Cherry Almond Chocolate Cookies</p>
<p>Monday June 20 Kielbasa Watermelon, Feta, and Mint Salad Red Velvet Cookies</p>	<p>Wednesday June 22 Chicken w. Chimichurri Apple and Beet Salad Cinnamon Apple Bread</p>	<p>Friday June 24 Penne Bolognese Citrus, Fennel, and Broccoli Salad Thumbprint Cookies</p>
<p>Monday June 27 Lemon, Oregano Chicken w. Yogurt Sauce Chickpea and Cucumber Salad Ginger Cookies</p>	<p>Wednesday June 29 Lebanese Beef and Herb Meatballs Turmeric Rice Tomato and Cucumber Salad Blondies</p>	

This meal is a collaboration of



**Hunger
 Intervention
 Program**



BRIDGING CULTURES
 COMMUNITIES & GENERATIONS