

# Lake City SENIORS COMMUNITY MEAL

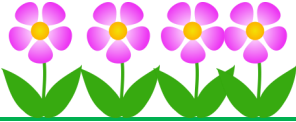
Meals: Mondays, Wednesdays, and Fridays: **12:30 – 1:30 PM**  
**Lamb of God Church** — 12509 27th Ave NE

## March 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>Friday March 1</b> Penne w. Sausage(Pork), Mushrooms, and Peas Beet and Pear Salad</p>
<p><b>Monday March 4</b> Red Beans and Rice w. Sausage(Beef/ Pork) Garlic Sauteed Kale</p>	<p><b>Wednesday March 6</b> Ras el Hanout Roasted Chicken and Onions Couscous Tomato and Cucumber Salad</p>	<p><b>Friday March 8</b> Beef Tacos w. Pineapple Salsa Black Bean Salad</p>
<p><b>Monday March 11</b> Beef Chili Corn Relish Three Bean Salad</p>	<p><b>Wednesday March 13</b> Cumin Chicken w. Cilantro Rice Corn Salad</p>	<p><b>Friday March 15</b> Braised BBQ Chicken and Oyster Mushrooms Mac and Cheese Kale Salad w. Pesto Dressing</p>
<p><b>Monday March 18</b> St. Patrick’s Day Menu Details To Be Announced</p>	<p><b>Wednesday March 20</b> Veg. BBQ Beans Spinach Salad Cole Slaw</p>	<p><b>Friday March 22</b> Tarragon Pesto Pasta w. Chicken Arugula and Parmesan Salad</p>
<p><b>Monday March 25</b> Lemon Pepper Chicken w. Dill Sauce Turmeric Rice Greek Salad</p>	<p><b>Wednesday March 27</b> Pepperoni Pizza Caesar Salad</p>	<p><b>Friday March 29</b> Paella Rice w. Chicken and Sausage(Beef) Pipirrana Salad (Tomato and Pepper)</p>

This meal is a collaboration of



Hunger  
Intervention  
Program



Seattle  
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