

Lake City

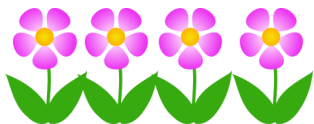
SENIORS COMMUNITY MEAL

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

March 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>Wednesday March 1 Steak Ropa Vieja Spanish Rice w. Sauteed Kale</p>	<p>Friday March 3 Spaghetti and Meatballs Panzanella Salad</p>
<p>Monday March 6 Minestrone Soup Mixed Greens Salad w. Chicken and Ranch Dressing</p>	<p>Wednesday March 8 Chicken Tacos Corn and Tortilla Salad</p>	<p>Friday March 10 Fettuccini w. Garlic Cream Sauce Pesto Green Beans</p>
<p>Monday March 13 Red Beans and Rice w. Sausage Garlic Sauteed Kale</p>	<p>Wednesday March 15 Barbecue Baked Beans w. Sausage Honey Cole Slaw Spinach Salad w. Honey Mustard Dressing</p>	<p>Friday March 17 Beef, Potato, and Cabbage Stew Root Vegetable Gratin</p>
<p>Monday March 20 Tarragon Chicken Pasta Three Bean Salad</p>	<p> Wednesday March 22 Roasted Chickpea and Cucumber Wrap Arugula Salad w. Shallot Vinaigrette</p>	<p>Friday March 24 Beef and Noodles in Oyster Sauce Green Salad w. Edamame and Carrot Ginger Dressing</p>
<p> Monday March 27 Black Bean and Rice Soup Corn Salad w. Pickled Onions</p>	<p>Wednesday March 29 Spinach and Chicken Pizza Caesar Salad</p>	<p>Friday March 31 Chicken Quesadilla Black Bean Salad</p>

This meal is a collaboration of



Hunger Intervention Program

