

# Lake City

## SENIORS COMMUNITY MEAL

Mondays, Wednesdays, and Fridays: 12 – 1 pm  
 Lake City Community Center—12531 28<sup>th</sup> Ave NE  
 Suggested Donation \$4 for seniors 60 and over





For a calendar of daily activities, visit the front desk, or [LakeCitySeniors.org](http://LakeCitySeniors.org)

## March To-Go Menu

(Please note the menu is subject to change)

**Community Meal:** Until the end of March, we'll be moving to take-home meals only. We recommend people to come throughout the hour between 12 noon to 1 pm so that we don't have a crowd forming at any particular time.

**Programming and Information & Assistance:** Limited programming and information/referrals will continue through Sound Generations. If you have questions about our schedule or are in need of Information & Assistance please call 206.268.6738

<p><b>Monday, March 9</b>                      Pesto Turkey with Pasta                      Green Salad                      Fresh Fruit                      Sticky Banana Bars</p>	<p><b>Wednesday, March 11</b>                      Smoked Salmon                      Red Onions and Capers                      Rye Bread                      Cucumber Slices                      Seasonal Fruit                      Cashew Cookies</p>	<p><b>Friday, March 13</b>                      Turkey and Stir Fry Vegetables                      Noodles with Peanut Sauce                      Carrots                      Orange Slices                      Chocolate Chip Cookies</p>
<p><b>Monday, March 16</b>  <u>Saint Patrick's Day Celebration</u>                      Peanut Butter and Jelly Sandwich                      Caesar Salad                      Fresh Fruit                      Green Matcha Sugar Cookies</p>	<p><b>Wednesday, March 18</b>                      Chicken Sandwich on Ciabatta Bun                      Broccoli Slaw                      Fresh Fruit                      Rice Krispies' Treats</p>	<p><b>Friday, March 20</b>                      Pork Taco Salad                      Black Beans and Corn                      Mexican-Style Rice                      Honeycrisp Apple Chips                      Dark Chocolate Squares</p>
<p><b>Monday, March 23</b>                      Chicken Salad Sandwich                      Bell Peppers with Creamy Vegetable Dip                      Seasonal Fruit                      Molasses Spice Cookies</p>	<p><b>Wednesday, March 25</b>                      Egg Noodle Pasta Salad with Turkey                      Carrot Sticks                      Fresh Fruit                      Fudgey Brownie Cookies</p>	<p><b>Friday, March 27</b>                      Roast Beef Sandwich                      Garden Salad                      Apricots and Pears                      Squash Bread</p>
<p><b>Monday, March 30</b>                      Turkey and Cheese Sandwich                      HIP's Famous Creamy Potato Salad                      Fresh Fruit                      Lemon Blueberry Birthday Cake</p>		

This meal is a collaboration of

