

Lake City SENIORS COMMUNITY MEAL

Meals: Mondays, Wednesdays, and Fridays: **12:30 – 1:30 PM**

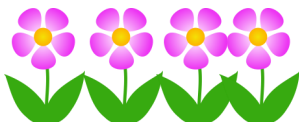
Lamb of God Church — 12509 27th Ave NE

May 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>Spring</p>	 <p>Wednesday May 1 Tomato Soup Focaccia White Bean and Kale Salad</p>	<p>Friday March 3 Oregano and Lemon Chicken Turmeric Rice Greek Salad</p>
<p>Monday May 6-Cinco de Mayo Meal Beef Tacos w. Pineapple Salsa Black Bean Salad</p>	<p>Wednesday May 8 Peanut Noodles w. Beef Green Salad w. Carrot Ginger Dressing</p>	<p>Friday May 10 Penne Vodka w. Chicken Arugula and Tomato Salad</p>
<p>Monday May 13 Beef Bulgogi Rice Marinated Cucumber, Scallion, and Radish Salad</p>	<p>Wednesday May 15-National Pizza Day Pepperoni Pizza Caesar Salad</p>	<p>Friday May 17 Paella Rice w. Chicken and Sausage(Beef/Pork) Pipirrana Salad(tomato and cucumber)</p>
<p>Monday May 20 Tarragon Pesto Pasta w. Sausage(Pork) Beet and Pear Salad</p>	<p>Wednesday May 22 Ras el Hanout Roasted Chicken Couscous Tomato and Cucumber Salad</p>	<p>Friday May 24-May Birthday Meal Cumin Chicken Cilantro Rice Corn Salad</p>
<p>Monday May 27 No Meal, Memorial Day</p>	<p>Wednesday May 29 BBQ Chicken Macaroni Salad Kale Salad w. Pesto Dressing</p>	<p>Friday May 31-Guest Chef Keeana Meal White Chicken Chili Corn and Bean Succotash Dinner Roll</p>

This meal is a collaboration of



**Hunger
Intervention
Program**

