

Lake City

SENIORS COMMUNITY MEAL

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

May 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>Monday May 2 Herb Roasted Chicken Lemon Rice Pilaf Sauteed Shaved Brussel Sprouts Brownies</p>	<p>Wednesday May 4 Sausage and Sauerkraut Potato, Kale, and Cabbage Hash Ginger Cookies</p>	<p>Friday May 6 Chicken Tacos w. Lime Crema Corn Salad w. Quick Pickled Onions Chocolate Cookies</p>
<p>Monday May 9 Barbecue Chicken Sandwich Honey Slaw Spinach Salad w. Honey Mustard Cornbread</p>	<p>Wednesday May 11 Chicken Pistou Grain Bowl w. Arugula and Wheatberries Cinnamon Apple Bread</p>	<p> Friday May 13 Black Bean, Rice, and Cheese Burrito Black Bean Salad w. Cilantro Lime Dressing Oatmeal Cranberry Cookies</p>
<p>Monday May 16 Red Beans and Rice w. Sausage Garlic Sauteed Kale Cherry Chocolate Cookies</p>	<p>Wednesday May 18 Pesto Chicken Salad Wrap Three Bean Salad Brown Sugar Blondies</p>	<p> Friday May 20 Baked Ziti Sauteed Cannellini Beans and Broccoli Almond Cookies</p>
<p>Monday May 23 Lemon Basil Mushroom Chicken Caesar Salad w. Croutons Lemon Cornbread</p>	<p>Wednesday May 25 Teriyaki Chicken Green Salad w. Carrot Ginger Dressing Coffee Cake</p>	<p>Friday May 27 Paprika Chicken Turmeric Rice Braised Garlic Kale Chocolate Chip Cookies</p>
<p>Monday May 30 Penne w. Chicken and Red Pepper Sauce Citrus, Fennel, and Broccoli Salad Thumbprint Cookies</p>		

This meal is a collaboration of



Hunger
Intervention
Program

