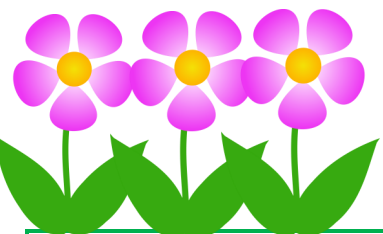


# Lake City SENIORS COMMUNITY MEAL

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 serving to go meals starting at 12:30pm until 1:30pm.

**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>Monday May 1</b> Herb Roasted Chicken W. Creamy Chimichurri Tomato and Cucumber Salad</p>	<p><b>Wednesday May 3</b> Penne Vodka w. Chicken Mixed Greens Salad w. Beets and Apples</p>	<p><b>Friday May 5</b> Pork Tacos w. Lime Crema Corn Salad w. Pickled Onions</p>
<p><b>Monday May 8</b> Flank Steak Ropa Vieja Spanish Rice Braised Garlic Greens</p>	<p><b>Wednesday May 10</b> Chicken Feta Orzo Salad Grain Tabbouleh</p>	<p><b>Friday May 12</b> Barbecue Baked Beans w. Sausage Honey Cole Slaw Spinach Salad w. Honey Mustard</p>
<p><b>Monday May 15</b> Baked Ziti w. Sausage and Peas Beet and Pear Salad</p>	<p> <b>Wednesday May 17</b> Roasted Chickpea and Cucumber Wrap Arugula Salad w. Shallot Vinaigrette</p>	<p><b>Friday May 19</b> Beef and Stir Fried Noodles Green Salad w. Edamame</p>
<p><b>Monday May 22</b> Kielbasa and Sauerkraut Spring Potato Salad</p>	<p><b>Wednesday May 24</b> Tarragon Chicken Pasta Three Bean Salad</p>	<p><b>Friday May 26</b> Pepperoni Pizza Caesar Salad w. Croutons</p>
<p><b>Monday May 29</b> No Meal Memorial Day</p>	<p><b>Wednesday May 31</b> Thai Yellow Curry w. Chicken Shredded Carrot Salad</p>	

This meal is a collaboration of



BRIDGING CULTURES COMMUNITIES & GENERATIONS