

Lake City SENIORS COMMUNITY MEAL

Meals: Mondays, Wednesdays, and Fridays: **12:30 – 1:30 PM**
Lamb of God Church — 12509 27th Ave NE



November 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.*

	Wednesday November 1 Penne Vodka w. Chicken Arugula and Tomato Salad	Friday November 3 Pepperoni Pizza Caesar Salad
 Monday November 6 Veg. BBQ Baked Beans Cole Slaw	Wednesday November 8 Chicken Ropa Vieja Spanish Rice Garlic Kale	Friday November 10 No Meal, Veteran’s Day
Monday November 13 Sesame Noodles Green Salad w. Carrot Ginger Dressing	Wednesday November 15 Cumin Chicken w. Cilantro Lime Rice Corn Salad	Friday November 17 Tarragon Pesto Pasta w. Chicken Three Bean Salad
Monday November 20 Red Beans and Rice w. Sausage Garlic Sauteed Kale	Wednesday November 22 Thanksgiving Meal TBD	Friday November 24 No Meal, Thanksgiving
Monday November 27 Baked Ziti w. Sausage Beet and Pear Salad	Wednesday November 29 Beef Chorizo Tacos Black Bean Salad	

This meal is a collaboration of



**Hunger
Intervention
Program**

