

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

November 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 November 1 Meatballs Marinara w/ Baguette Sauteed Kale, Fennel, and White Beans Peanut Buckeyes</p>	<p>Wednesday November 3 Chicken Pistou Grain Bowl w/ Squash and Arugula Cinnamon Apple Bread</p>	<p>Friday November 5 Garlic Chicken w/ Lime Crema Spanish Rice Catalan Style Sauteed Greens w/ Nuts Mexican Chocolate Cookies</p>
<p>Monday November 8 Chicken Thighs and Chimichurri Pita Roasted Vegetables Cashew Cardamom Cookies</p>	<p>Wednesday November 10 Teriyaki Chicken Wrap Green Salad w/ Carrot Ginger Dressing Pumpkin Bread</p>	<p> Friday November 12 Baked Ziti Roasted Broccoli and Cannelini Beans Almond Cookies</p>
<p>Monday November 15 Albondigas and Pinto Bean Soup Baguette Sauteed Kale & Spiced Sweet Potatoes Brown Sugar Blondies</p>	<p> Wednesday November 17 Vegetarian "Chopped Cheese" Sandwich Squash Gratin Ginger Cookies</p>	<p>Friday November 19 Lemon Oregano Chicken w/ Yogurt Sauce Pita Chickpea and Cucumber Salad Apple Cobbler</p>
<p> Monday November 22 Stewed Chickpeas and Sweet Potato Pita Parsley and Charred Onion Grain Salad Raspberry Jam Bar</p>	<p>Wednesday November 24 Roasted Turkey Italian Sausage Stuffing Charred Sprouts and Roasted Sweet Potato Oatmeal Cranberry Cookies</p>	<p>Friday October 26 No Meal Served Happy Thanksgiving Weekend!</p>
<p> Monday November 29 Black Bean, Rice, and Cheese Burrito Roasted Plantains Cinnamon Brownies</p>	<p>HAPPY Hanukkah</p>	

This meal is a collaboration of

