

Lake City

SENIORS COMMUNITY MEAL

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: Starting November 7th, we will be serving plated, in person meals at 12:30p. We ask that if you'd like a to go meal, that you arrive at 1pm.

Dessert: All meals will continue to be served with dessert to be determined the week of.

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>Wednesday November 2 Chicken Quesadilla w. Salsa Black Bean and Corn Salad</p>	<p> Friday November 4 Roasted Chickpeas w. Garlic Sauce Arugula Salad</p>
<p>Monday November 7 Lemon Pepper Chicken Tzatziki Sauce Orzo Salad w. Lemon Vinaigrette</p>	<p> Wednesday November 9 Fried Tofu Sesame Noodles Green Salad w. Edamame</p>	<p>Friday November 11 No Meal Veteran's Day</p>
<p> Monday November 14 Minestrone Soup w. White Beans Panzanella Salad</p>	<p>Wednesday November 16 Penne w. Pesto and Chicken Mixed Green Salad w. Goat Cheese</p>	<p>Friday November 18 Barbecue Chicken Sandwich Honey Cole Slaw Spinach Salad w. Honey Mustard</p>
<p> Monday November 21 Chicken w. Chimichurri Spanish Rice Tomato and Cucumber Salad</p>	<p>Wednesday November 23 Thanksgiving Menu TBD</p>	<p>Friday November 25 No Meal Happy Thanksgiving!</p>
<p>Monday November 28 Black Beans and Cilantro Rice Corn Salad w. Pickled Onions</p>	<p>Wednesday November 30 Tomato Soup Chicken Caesar Salad w. Croutons</p>	

This meal is a collaboration of



Hunger Intervention Program

