

Lake City

SENIORS COMMUNITY MEAL

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



October 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.*

<p>Monday October 2 Chicken Ropa Vieja Spanish Rice Sauteed Kale</p>	<p>Wednesday October 4 Penne Vodka w. Chicken Panzanella Salad</p>	<p> Friday October 6 Thai Yellow Curry w. Chickpeas Shredded Carrot Salad</p>
<p>Monday October 9 Cumin Chicken Cilantro Lime Rice Corn Salad</p>	<p>Wednesday October 11 Tarragon Chicken Pasta Three Bean Salad</p>	<p>Friday October 13 Pepperoni Pizza Caesar Salad</p>
<p> Monday October 16 Roasted Chickpeas w. Garlic Dill Sauce Grain Tabbouleh</p>	<p>Wednesday October 18 Lemon Pepper Chicken w. Dill Sauce Turmeric Rice Greek Salad</p>	<p> Friday October 20 Vegetarian Barbecue Beans Cole Slaw Spinach Salad</p>
<p>Monday October 23 Red Beans and Rice w. Sausage Garlic Sauteed Kale</p>	<p>Wednesday October 25 Baked Ziti w. Sausage Beet and Pear Salad</p>	<p>Friday October 27 Chicken Tacos w. Lime Crema Black Bean Salad</p>
<p> Monday October 30 Tofu Sesame Noodles Green Salad w. Edamame</p>		

This meal is a collaboration of

