



# Lake City SENIORS

## COMMUNITY MEAL

To-Go Meals: Mondays, Wednesdays, and Fridays: **12:30 – 1:30 PM**  
Lake City Community Center—12531 28<sup>th</sup> Ave NE

Delivery Meals now Available! Call Lake City Seniors at 206-268-6740

# October To-Go Menu

(Please note the menu is subject to change)

Symbol Indicates Vegetarian Menu



**Community Meal:** Until at least the end of August, 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 August 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.

		<b>Friday, October 2nd</b> Fish with Tartar Sauce Cauliflower Green Bean Salad Baguette w/ butter Fresh Fruit
<b>Monday, October 5th</b> Turkey Cheese Sandwich Cucumelon Dill Salad Fresh Fruit Chocolate Chip Cookies	<b>Wednesday, October 7th</b> Kung Pao Chickpea Noodles Stir Fried Snap Peas Fresh fruit	<b>Friday, October 9th</b> Chicken Gordita Cabbage Slaw Churros Fresh fruit
<b>Monday, October 12th</b> Blue Cheese Burgers Sweet Potato Fries Green Salad Fresh Fruit	<b>Wednesday, October 14th</b> Grilled Cheese Sandwich Tomato Basil Soup Arugula Salad Fresh Fruit	<b>Friday, October 16th</b> Rosemary Olive Roast Chicken Barley and Greens Salad Fresh fruit
<b>Monday, October 19th</b> Roasted Pork Loin Baked Corn Pudding Collard Greens Dried Cherries & Chocolate	<b>Wednesday, October 21st</b> White Bean Pesto Pasta Grilled Veggies Fresh fruit	<b>Friday, October 23rd</b> Winter Squash Chili Corn Bread Green Salad Fresh Fruit
<b>Monday, October 26th</b> Mushroom Chard Rice Gratin Fig Arugula Walnut Salad Fresh Fruit	<b>Wednesday, October 28th</b> Chicken Tortilla Soup Feta Corn Salad Churros Fruit	<b>Friday, October 30th</b> Corn Chowder Crusty Bread Spinach Walnut Cranberry Salad Fresh Fruit

This meal is a collaboration of

