



# SENIORS COMMUNITY MEAL

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



## October 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><b>Friday October 1</b>            Sesame Peanut Chicken Noodle Salad            Pickled Cucumber Salad            Oatmeal Cranberry Cookies</p>
<p><b>Monday October 4</b>            Crispy Fish Sandwich w/ Dill Sauce            Butternut Squash Soup            Fruit Crumble</p>	<p><b>Wednesday October 6</b>            Chicken Cacciatore            Baguette            Roasted Squash Salad            Lemon Polenta Cake</p>	<p><b>Friday October 8</b>            Sausage and Sauerkraut            Potato, Kale, and Cabbage Hash            Ginger Cookies</p>
<p><b>Monday October 11</b>            Balsamic Chicken Wraps            Beet and Apple Salad with Pine Nuts            Brownies</p>	<p> <b>Wednesday October 13</b>            Vegetarian Chili            Baguette            Corn and Kale Salad            Coffee Cake</p>	<p><b>Friday October 15</b>            Rosemary Chicken Thighs            Squash Gratin            Dinner Roll            Chocolate Chip Cookies</p>
<p><b>Monday October 18</b>            Buffalo Chicken Wraps            Potato Leek Soup            Cinnamon Apple Bread</p>	<p> <b>Wednesday October 20</b>            Black Beans and Cilantro Lime Rice            Roasted Plantains and Squash w/ Tomatillo            Pumpkin Cookies</p>	<p><b>Friday October 22</b>            Sausage and Peppers            Lemon Garlic Broccoli and Sprout Salad            Corn Bread and Macerated Berries</p>
<p><b>Monday October 25</b>            Cassoulet            Baguette            Tarragon Roasted Vegetables            Peanut Butter Cookies</p>	<p><b>Wednesday October 27</b>            Garlic Chicken w/ Turmeric Rice            Stewed Smokey Chickpea and Eggplant            Brown Sugar Cashew Blondies</p>	<p><b>Friday October 29</b>            Chicken Francaise            Pasta e Fagioli            Baguette            Almond Cookies</p>

This meal is a collaboration of



Hunger Intervention Program

