



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>Monday October 3 Penne w. Pesto and Chicken Mixed Greens Salad w. Goat Cheese Almond Cookies</p>	<p>Wednesday October 5 Red Beans and Rice w. Sausage Garlic Sauteed Kale Ginger Cookies</p>	<p>Friday October 7 BBQ Chicken Sandwich Honey Cole Slaw Spinach Salad w. Honey Mustard Dressing Strawberry Glazed Cornbread</p>
<p>Monday October 10 Garlic Chicken w. Lime Crema Spanish Rice Sauteed Garlic Greens w. Pine Nuts Cinnamon Chocolate Cookies</p>	<p>Wednesday October 12 Pastrami Sandwiches Cucumber, Tomato, and Mozzarella Salad Chocolate Chip Cookies</p>	<p>Friday October 14 Cassoulet w. Garlic Bread Arugula Salad w. Shallot Vinaigrette Peanut Butter Cookies</p>
<p>Monday October 17 Steak Wrap w. Garlic Sauce Parsley and Green Onion Salad Cranberry Oatmeal Cookies</p>	<p>Wednesday October 19 Pork "Ropa Vieja" Cilantro Lime Rice Corn Salad w. Pickled Cucumbers Cornbread w. Chocolate Ganache</p>	<p>Friday October 21 Jerk Chicken Thighs w. Pepper and Onions Coconut Cilantro Rice Vanilla Bundt Cake</p>
<p>Monday October 24 Paprika Chicken Turmeric Rice Braised Garlic Kale Shortbread Cookies</p>	<p>Wednesday October 26 Chicken Cacciatore Caesar Salad w. Croutons Lemon Cornbread</p>	<p>Friday October 28 Pesto Chicken Salad Wrap Three Bean Salad Cherry Almond Chocolate Cookies</p>
<p>Monday October 31 Sausage and Sauerkraut Chickpea and Cucumber Salad Snickerdoodle Cookies</p>		



This meal is a collaboration of



Hunger Intervention Program



BRIDGING CULTURES
 COMMUNITIES & GENERATIONS



Seattle
 Parks & Recreation