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)

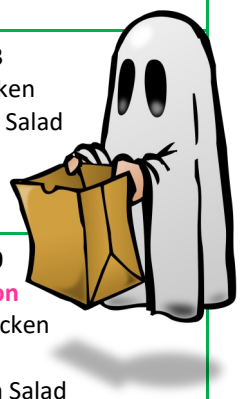
Symbol Indicates Vegetarian Menu

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.*

		Friday October 2 Peanut Hoisin Noodles w. Beef Green Salad w. Carrot Ginger Dressing
Monday October 5 Lemon & Oregano Marinated Chicken Turmeric Rice Greek Salad	**Wednesday October 7** Sausage Feta Orzo Pasta Herb Mediterranean Salad	**Friday October 9** Paprika Spiced Couscous w. Chickpeas & Sausage Pipirrana Salad
Monday October 12 Cumin Chicken w. Cilantro Lime Rice Corn Salad	**Wednesday October 14** Antipasto Salad Spring Mix Salad	**Friday October 16** Shawarma Spiced Beef & Quinoa Brown Rice Fattoush Salad
Monday October 19 Thai Coconut Yellow Curry Marinated Chicken Shredded Carrot and Cabbage Salad	**Wednesday October 21** Baked Ziti w. Sausage and Peas Beet and Pear Salad	**Friday October 23** Smokey Braised Chicken Black Bean and Hominy Salad
Monday October 26 Penne Vodka w. Chicken Spinach Salad	**Wednesday October 28** Red Beans and Rice w. Sausage Tuscan Kale and White Bean Salad	**Friday October 30** **Birthday Celebration** Tzatziki Marinated Chicken Brown Rice Cucumber and Chickpea Salad



This meal is a collaboration of

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