

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

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

September To-Go Menu

(Please note the menu is subject to change)



<u>Community Meal</u>: 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.

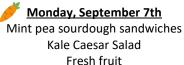
<u>Programming and Information/Assistance</u>: Programming will remain limited this month. We are offering Zoom fitness classes including Chair Yoga and Tai Chi, as well as weekly over the phone Bingo. Hyde shuttle August be able to help with Lunch deliveries. *Please call Lake City Seniors at 206-268-6740 if you have questions about services or know of an older adult in need of a meal or outreach.*

Wednesday, September 2nd

Antipasto pasta Marinated beans Fresh fruit

Friday, September 4th

Grilled ham & cheese sandwiches
Chopped salad
Fresh fruit

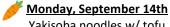


Wednesday, September 9th

Asian Meatballs Stir-fried veggies Steamed rice Fresh fruit

Friday, September 11th

Cobb Salad Herbed Quinoa Fresh fruit



Yakisoba noodles w/ tofu Assorted veggies Fresh fruit

Wednesday, September 16th

Pulled pork sandwiches Coleslaw Jojo potatoes Fresh fruit

Friday, September 18th

Chicken tagine Cous cous Roasted carrots Fresh fruit

Monday, September 21st

Summer Panzanella Three bean salad Fresh fruit

Wednesday, September 23rd

Enchiladas Beans Cabbage slaw Fresh fruit

Friday, September 25th

Chicken cutlets
Summer green beans
Fresh fruit
Chocolate Banana Bread

Monday, September 28th

Lemon broccoli pasta Ratatouille Fresh fruit

Wednesday, September 30th

Sausage & egg noodles Braised cabbage and peas Fresh fruit





Hunger

Intervention

Program







