



SENIORS COMMUNITY MEAL

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

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

September To-Go Menu

(Please note the menu is subject to change)



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.*

	<p><u>Wednesday, September 2nd</u> Antipasto pasta Marinated beans Fresh fruit</p>	<p><u>Friday, September 4th</u> Grilled ham & cheese sandwiches Chopped salad Fresh fruit</p>
<p> <u>Monday, September 7th</u> Mint pea sourdough sandwiches Kale Caesar Salad Fresh fruit</p>	<p><u>Wednesday, September 9th</u> Asian Meatballs Stir-fried veggies Steamed rice Fresh fruit</p>	<p><u>Friday, September 11th</u> Cobb Salad Herbed Quinoa Fresh fruit</p>
<p> <u>Monday, September 14th</u> Yakisoba noodles w/ tofu Assorted veggies Fresh fruit</p>	<p><u>Wednesday, September 16th</u> Pulled pork sandwiches Coleslaw Jojo potatoes Fresh fruit</p>	<p><u>Friday, September 18th</u> Chicken tagine Cous cous Roasted carrots Fresh fruit</p>
<p> <u>Monday, September 21st</u> Summer Panzanella Three bean salad Fresh fruit</p>	<p><u>Wednesday, September 23rd</u> Enchiladas Beans Cabbage slaw Fresh fruit</p>	<p><u>Friday, September 25th</u> Chicken cutlets Summer green beans Fresh fruit Chocolate Banana Bread</p>
<p> <u>Monday, September 28th</u> Lemon broccoli pasta Ratatouille Fresh fruit</p>	<p><u>Wednesday, September 30th</u> Sausage & egg noodles Braised cabbage and peas Fresh fruit</p>	

This meal is a collaboration of

