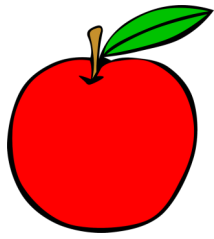




SENIORS COMMUNITY MEAL

To-Go Meals: Mondays, Wednesdays, and Fridays: **12:30 – 1:30 PM**

Lake City Community Center — 12531 28th Ave NE

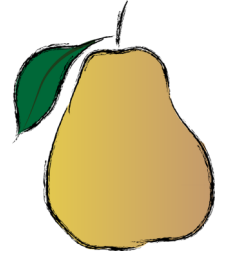


September To-Go Menu

(Please note the menu is subject to change)




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.*

		Friday September 2 Sausage and Sauerkraut Chickpea and Cucumber Salad Peanut Butter Cookies
Monday September 5 No Meal. Happy Labor Day!	Wednesday September 7 Ham and Swiss Sandwich Citrus Salad w. Green Onion Vinaigrette Buckeyes	Friday September 9 Pesto Chicken Salad Wrap Mesclun Salad Lemon Cornbread
Monday September 12 Tarragon Chicken Pasta Salad Three Bean Salad Cherry Almond Chocolate Cookies	Wednesday September 14 Chicken w. Chimichurri Spanish Rice Tomato and Cucumber Salad Chocolate Chip Cookies	 Friday September 16 Roasted Chickpea and Cucumber Wrap Arugula Salad w. Shallot Vinaigrette Almond Cookies
Monday September 19 Turkey and Swiss Sandwiches Charred Corn Salad Ginger Cookies	Wednesday September 21 Lemon Pepper Chicken w. Tzatziki Orzo Salad w. Lemon Basil Vinaigrette Snickerdoodle Cookies	Friday September 23 Chicken Feta Orzo Salad Apple and Beet Salad Cherry Almond Chocolate Cookies
Monday September 26 Penne Marinara w. Sausage and Peas Caesar Salad Shortbread Cookies	Wednesday September 28 Kielbasa Honey Cole Slaw Spinach Salad Strawberry Glazed Cornbread	Friday September 30 Teriyaki Chicken w. Rice Green Salad w. Carrot Ginger Dressing Cinnamon Chocolate Cookies

This meal is a collaboration of



Hunger Intervention Program



BRIDGING CULTURES COMMUNITIES & GENERATIONS