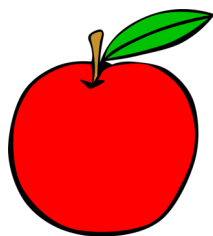


# Lake City SENIORS COMMUNITY MEAL

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

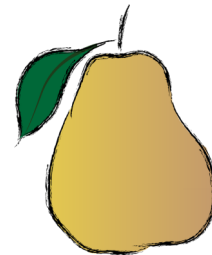
**Lamb of God Church** —12509 27th Ave NE



## September 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.*

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|---|--|--|
|    |  <p><b>SEPTEMBER</b></p>   | <p><b>Friday September 1</b><br/>Penne Vodka w. Chicken<br/>Panzanella Salad</p>   |
| <p><b>Monday September 4</b><br/>No Meal, Labor Day</p>   | <p> <b>Wednesday September 6</b><br/>Black Beans w. Cilantro Lime Rice<br/>Corn Salad w. Lime Crema</p>       | <p> <b>Friday September 8</b><br/>Chickpea Feta Pasta<br/>Tabbouleh</p>                         |
| <p> <b>Monday September 11</b><br/>Yellow Thai Curry w. Chickpeas<br/>Shredded Carrot Salad</p> | <p> <b>Wednesday September 13</b><br/>Fried Tofu Sesame Noodles<br/>Green Salad w. Carrot Ginger Dressing</p> | <p><b>Friday September 15</b><br/>Chicken Tacos w. Pineapple Salsa<br/>Black Bean Salad</p>  |
| <p><b>Monday September 18</b><br/>Baked Ziti w. Sausage<br/>Beet and Pear Salad</p>   | <p><b>Wednesday September 20</b><br/>Lemon Pepper Chicken w. Tzatziki<br/>Turmeric Rice<br/>Greek Salad</p>  | <p> <b>Friday September 22</b><br/>Roasted Chickpeas w. Pita<br/>Cucumber and Arugula Salad</p> |
| <p><b>Monday September 25</b><br/>Red Beans and Rice w. Sausage<br/>Garlic Sauteed Kale</p>   | <p><b>Wednesday September 27</b><br/>Pepperoni Pizza<br/>Caesar Salad</p>  | <p><b>Friday September 29</b><br/>BBQ Baked Beans<br/>Cole Slaw<br/>Spinach Salad w. Honey Mustard</p>   |

This meal is a collaboration of



**Hunger  
Intervention  
Program**

