



SeaTac Alternate Lunch Menu ~ December 2021



Curbside pickup only • 11:45-12:30 PM • 206.973.4690

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Suggested donation of \$4.50 for ages 60+ and \$6.50 for under 60 years. • Punch cards are available for a suggested donation of \$45 for ten meals. • Meals will be given out on a first, come first served basis. • Currently no reserved orders will be available. • Menu is subject to change due to availability. 		1 Lemon Pepper Baked Cod Potatoes Au Gratin Pineapple Upside Down Cake	2 Chicken Fajita w/ Bell Peppers & Zucchini Rice Salsa, Guacamole, Sour Cream	3 Swiss Cheese Burger Lettuce & Tomatoes Sweet Potato Fries Mixed Berries
6	7 Wild Rice Chicken Soup 1/2 Egg Salad Sandwich Oranges	8 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookie	9 Vegetable Lasagna Green Beans Sautéed Cinnamon Apples	10 Omelet Sausage Patty Apple Juice Hashbrowns Honey Dew Melon
13	14 Salisbury Steak w/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton	15 Oven Fried Chicken Roasted Potatoes Broccoli Wheat Roll Orange	16 Beef Barley Soup Caesar Salad Apple Gingersnaps	17 HOLIDAY LUNCHEON Holiday Ham Mashed Potatoes & Gravy Green Beans Roll, Apple Pie RESERVATIONS REQUIRED
20	21 Amandine Fish Broccoli Wheat Roll Orange Lemon Bar	22 Macaroni & Cheese Brussels Sprouts Wheat Roll Strawberries	23 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	24 Closed for Christmas Holiday
27	28 Honey Dijon Chicken Potatoes Beets Peaches	29 Spaghetti w/ Beef Green Beans Garlic Bread Pears	30 End of Year Luncheon Salmon Filet Wild Rice Caesar Salad & Roll Dessert RESERVATIONS REQUIRED	31 Closed for New Year's Holiday



Activity Calendar ~ December 2021

SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch is served by drive through pickup only. Foot Care, Legal Help, and SHIBA are by appointment only; call the senior desk at 206.973.4690.			1 8:30 Indoor Walking 11:45 Lunch	2 11:45 Lunch 1:00 Mah Jongg 1:00 Legal Help (by apt)	3 8:30 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train 5:45 Tree Lighting	4
5	6 8:30 Indoor Walking	7 11:45 Lunch 12:30 Canasta	8 8:30 Indoor Walking 11:45 Lunch	9 11:45 Lunch 1:00 Mah Jongg	10 8:30 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	11
12	13 8:30 Indoor Walking 1:00 Crafts	14 11:45 Lunch 12:30 Canasta	15 8:30 Indoor Walking 11:45 Lunch	16 11:45 Lunch 1:00 Mah Jongg 1:00 SHIBA (by apt)	17 8:30 Indoor Walking 9:00 Wii Games 11:45 HOLIDAY LUNCHEON - Reservation Req'd 12:30 Mexican Train	18
19	20 8:30 Indoor Walking	21 Trip Registration (RESIDENT) 11:45 Lunch 12:30 Canasta	22 Trip Registration (NON-RESIDENT) 8:30 Indoor Walking 11:45 Lunch	23 11:45 Lunch 1:00 Mah Jongg	24 CLOSED for Christmas Holiday	25 CLOSED for Christmas Holiday
26	27 8:30 Indoor Walking 1:00 Crafts	28 11:45 Lunch 12:30 Canasta	29 8:30 Indoor Walking 11:45 Lunch	30 11:45 End of the Year Luncheon Reservation Required 1:00 Mah Jongg	31 CLOSED for New Year's Holiday	