



# SeaTac Alternate Lunch Menu ~ February 2022



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar	2 Salmon Filet Wild Rice Caesar Salad Wheat Roll Ice Cream	3 Beef Tostada Refried Beans Mandarin Oranges Lemon Pudding	4 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream & Pineapple Sauce
7	8 Philly Cheese Sandwich Brussel Sprouts Grapes	9 Meatloaf Potatoes & Gravy Carrots Oranges	10 Vegetarian Stuffed Peppers Salsa Lemon Bars	11 Sweetie Luncheon Baked Cod Mediterranean Veggies Roll Dessert Reservation Required
14	15 Chicken Cheese Taco Cauliflower Salsa Guacamole Caramelized Bananas	16 BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli w/ Parmesan Applesauce	17 Beef Macaroni Broccoli Wheat Roll Applesauce	18 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding
21 <b>CLOSED</b> for President's Day	22 Hungarian Goulash Broccoli Pound Cake Strawberries Whip Cream	23 BBQ Chicken Pasta Salad Green Beans BBQ Pinto Beans Ice Cream Pineapple Sauce	24 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup	28 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote
25	<ul style="list-style-type: none"> <li>• Suggested donation of \$4.50 for ages 60+ and \$6.50 for under 60 years.</li> <li>• Punch cards are available for a suggested donation of \$45 for ten meals.</li> <li>• Meals will be given out on a first, come first served basis.</li> <li>• Currently no reserved orders will be available.</li> <li>• Menu is subject to change due to availability.</li> </ul>			



# Activity Calendar ~ February 2022

**SeaTac Senior Program • 206.973.4690**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lunch is served by drive through pickup only.</p> <p>Foot Care, Legal Help, and SHIBA are by appointment only; call the senior desk at 206.973.4690.</p>		<p>1</p> <p>11:45 Lunch</p> <p>12:30 Canasta</p>	<p>2</p> <p>8:30 Indoor Walking</p> <p>11:45 Lunch</p> <p>12:00-3:00 Bridge</p>	<p>3</p> <p>11:45 Lunch</p> <p>1:00 Mah Jongg</p> <p>1:00 Legal Help (by apt)</p>	<p>4</p> <p>8:30 Indoor Walking</p> <p>9:00 Wii Games</p> <p>11:45 Lunch</p> <p>12:30 Mexican Train</p>	<p>5</p>
	<p>6</p>	<p>7</p> <p>7:00 TRIP – SKAGIT BIRDWATCHING</p> <p>8:30 Indoor Walking</p> <p>9:00 Foot Care (by apt)</p>	<p>8</p> <p>11:45 Lunch</p> <p>12:30 Canasta</p>	<p>9</p> <p>8:30 Indoor Walking</p> <p>11:45 Lunch</p>	<p>10</p> <p>11:45 Lunch</p> <p>1:00 Mah Jongg</p>	<p>11</p> <p>8:30 Walking</p> <p>9:00 Wii Games</p> <p>11:45 <b>SWEETIES LUNCH</b></p> <p><b>RESERVATIONS REQUIRED</b></p>
<p>13</p>	<p>14</p> <p>8:30 Indoor Walking</p> <p>9:00 Foot Care (by apt)</p> <p>1:00 Crafts</p> <p><b>Happy Valentine's Day!</b></p>	<p>15</p> <p>9:00 Senior Advisory Meeting</p> <p>11:45 Lunch</p> <p>12:30 Canasta</p>	<p>16</p> <p>8:30 Indoor Walking</p> <p>11:45 Lunch</p> <p>12:00-3:00 Bridge</p>	<p>17</p> <p>11:45 Lunch</p> <p>1:00 Mah Jongg</p>	<p>18</p> <p>8:30 Indoor Walking</p> <p>9:00 Wii Games</p> <p>11:45 Lunch</p> <p>12:30 Mexican Train</p>	<p>19</p>
<p>20</p>	<p>21</p> <p><b>CLOSED FOR PRESIDENT'S DAY</b></p>	<p>22</p> <p>11:45 Lunch</p> <p>12:30 Canasta</p>	<p>23</p> <p>8:30 Indoor Walking</p> <p>11:45 Lunch</p>	<p>24</p> <p>11:45 Lunch</p> <p>1:00 Mah Jongg</p>	<p>25</p> <p>8:30 Walking</p> <p>9:00 Wii Games</p> <p>9:15 TRIP: ASIANART</p> <p>11:45 Lunch</p> <p>12:30 Mexican Train</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>8:30 Indoor Walking</p> <p>9:00 Foot Care (by apt)</p> <p>1:00 Crafts</p>					