



# Menu ~ May 2022

SeaTac Nutrition Program • 11:45-12:30 PM • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar	4 Shrimp Scampi Linguini Pasta Caesar Salad Wheat Roll Ice Cream	5 Beef Tostada Refried Beans Mandarin Oranges Lemon Pudding	6 <b>Mother's Day Luncheon</b> Salmon Filet, Wild Rice Strawberry Spinach Salad Wheat Roll & Pie <b>Reservation Required</b>
9	10 Baja Chicken Black Bean, Corn & Rice Salad Ice Cream & Pineapple Sauce	11 Meatloaf Potatoes & Gravy Carrots Oranges	12 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie	13 Philly Cheese Sandwich Brussel Sprouts Grapes
16	17 Chicken Cheese Taco Cauliflower Salsa Guacamole Caramelized Bananas	18 <b>Birthday Luncheon</b> BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli Applesauce	19 Beef Chili Colorado Cauliflower Broccoli Orange	20 Spanish Chicken Salad Rice Soup Chips & Salsa Strawberry Jell-O Banana
23	24 Pork w/Apples Cucumber Tomato Feta Salad Rice Pudding	25 BBQ Chicken Pasta Salad Green Beans BBQ Pinto Beans Ice Cream Pineapple Sauce	26 Beef Stir Fry Fried Rice w/Egg Peas & Carrots Fortune Cookie Ice Cream Cup	27 Chicken Potato & Pea Salad Wheat Rolls Grapes Orange Sherbet
30  Closed for Memorial Day Holiday	31 Beef Macaroni Broccoli Wheat Roll Applesauce	<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> <li>• If you wish to take home your food, please provide your own container.</li> </ul>		



# Activity Calendar ~ May 2022

## SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:30 Indoor Walking 9:00 Foot Care (by apt) 1:00 Bridge	3 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 1:00 Crafts	4 8:30 Indoor Walking 11:45 Lunch 12:00 Bridge	5 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg 1:00 Legal Help (by apt)	6 8:30 Indoor Walking 9:00 Wii Games 9:30 Coffee Catch-up 11:45 Mothers Day Lunch 12:30 Mexican Train	7
8	9 8:30 Indoor Walking 8:45 Trip: Snoqualmie Falls 9:00 Foot Care (by apt) 1:00 Bridge	10 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	11 8:30 Indoor Walking 11:45 Lunch	12 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	13 8:30 Indoor Walking 9:00 Wii Games 9:30 Coffee Catch-up 11:45 Lunch 12:30 Mexican Train	14
15	16 8:15 Trip: Lakewold Gardens 8:30 Indoor Walking 1:00 Bridge	17 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 1:00 Crafts	18 8:30 Indoor Walking 11:45 Birthday Lunch 12:00 Bridge	19 11:45 Lunch 12:00 Pinochle 12:30 SHIBA (by apt) 1:00 Mah Jongg	20 8:30 Indoor Walking 9:00 Wii Games 9:30 Coffee Catch-up 11:45 Lunch 12:30 Mexican Train	21
22	23 8:30 Indoor Walking 9:00 Foot Care (by apt) 11:00 Garden Games 1:00 Bridge	24 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	25 8:30 Indoor Walking 11:45 Lunch	26 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	27 8:00 Trip: Bainbridge 8:30 Indoor Walking 9:00 Wii Games 9:30 Coffee Catch-up 11:45 Lunch 12:30 Mexican Train	28
29	30 <b>Closed for Memorial Day</b>	31 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	Foot Care, Legal Help, and SHIBA are by appointment only; call the senior desk at 206.973.4690.			