



Menu ~ July 2022

SeaTac Nutrition Program • 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 Swiss Cheese Burger Lettuce & Tomato Sweet Potato Fries Mixed Berries
4 CLOSED FOR INDEPENDENCE DAY	5 Caribbean Pork Chops w/ Peppers Pineapple Cornbread	6 Beef & Asparagus Rice Fig Newton	7 Chicken Pasta Primavera Fettucine Melon Ice Cream	8 Parmesan Tilapia w/Pilaf Squash Brownie Bits
11	12 Salmon German Potato Salad Broccoli & Cauliflower Bread Sticks	13 Pork Cutlet Baked Potato Baked Beans Coleslaw	14 Brown Rice Veggie Bowl w/ Cilantro Dressing Sourdough Roll Ice Cream	15 ANGLE LAKE BBQ Burger or Hot Dog Chips, Watermelon Dessert & Bottled Water RESERVATION REQUIRED
18	19 Flank Steak New Potatoes Arugula & Asparagus	20 BIRTHDAY LUNCH Chicken Tetrazzini Tossed Salad w/ Cabbage & Garbanzo Beans	21 Chicken Caesar Salad Baked Apple Ice Cream	22 Florentine Fish Zucchini w/ Onion & Tomatoes Cherry Crisp
25	26 Fish Sandwich Broccoli & Cauliflower Orange Ice Cream	27 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding	28 Turkey & Broccoli Peas & Bowties Orange Ice Cream	29 Fish Taco Rice & Beans Berries & Whipped Cream



Activity Calendar ~ July 2022

SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foot Care, Legal Help, and SHIBA are by appointment only; call the senior desk at 206.973.4690.					1 8:30 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	2
3 	4 CLOSED FOR INDEPENDENCE DAY	5 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 1:00 Crafts	6 10:00 Bazaar Meeting 8:30 Indoor Walking 11:45 Lunch 12:00 Bridge	7 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	8 8:30 Indoor Walking 9:00 Rhody Gdn Trip 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	9
10	11 8:30 Indoor Walking 9:00 Foot Care (by apt) 11:00 Garden Games 1:00 Bridge	12 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	13 8:30 Indoor Walking 11:45 Lunch	14 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	15 8:30 Indoor Walking 9:00 Wii Games 10:30 BBQ Lunch at Angle Lake Park 12:30 Mexican Train	16
17	18 8:30 Indoor Walking 9:00 Foot Care (by apt) 11:00 Garden Games 1:00 Bridge	19 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 1:00 Crafts	20 8:30 Indoor Walking 11:45 Birthday Lunch 12:00 Bridge	21 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	22 8:30 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	23
24 8:30 Scottish Games Trip	25 8:30 Indoor Walking 11:00 Garden Games 1:00 Bridge	26 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	27 8:30 Indoor Walking 11:45 Lunch	28 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	29 8:30 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	30
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