



Menu ~ October 2022

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



3	4 Chicken Caesar Salad Baked Apple	5 Caribbean Pork Chops W-Peppers Pineapple Cornbread HANKY PANKY BAND	6 Flank Steak New Potatoes Arugula & Asparagus	7 Wild Rice & Barley Salad W- Chicken Broccoli Berries & Whipped Cream
10	11 Chicken Pasta Primavera Fettuccine Melon	12 Pork Fajitas W- Onion & Zucchini Pinto Beans Banana	13 Salmon German Potato Salad Broccoli & Cauliflower Bread Sticks	14 Chicken Salsa Salad Corn & Beans Tortilla Chips & Salsa Fig Newton
17	18 Fish Sandwich Broccoli & Cauliflower Orange Ice Cream	19 Beef & Asparagus Rice Fig Newton HANKY PANKY BAND BIRTHDAY PARTY	20 Buckwheat & Squash Salad W- Chicken Lemon Bar	21 Pork Cutlet Baked Potato Baked Beans Coleslaw
24	25 Pineapple Pork Rice Coleslaw Tropical Fruit Salad	26 Florentine Fish Zucchini & Onion & Tomatoes Cherry Crisp	27 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding	28 Fish Taco Rice & Beans Berries & Whipped Cream HALLOWEEN LUNCH

- 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.



Activity Calendar ~ October 2022

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2 12:15 Singin' in the Rain Trip	3 8:00 Nisqually Trip 8:30 Indoor Walking 9:00 Foot Care by apt 1:00 Bridge	4 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 1:00 Crafts	5 8:30 Indoor Walking 9:45 Blood Pressure 11:45 Lunch 12:00 Bridge 1:00 Dancing w/ Hanky Panky Band	6 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg 1:00 Legal Appts. (By Appointment)	7 8:30 Indoor Walking 9:00 Wii Games 11:00 Greek Fest Trip 11:45 Lunch 12:30 Mexican Train	8	
9	10 8:30 Indoor Walking 9:00 Foot Care by apt 1:00 Bridge	11 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 1:00 Crafts	12 8:30 Indoor Walking 11:45 Lunch 12:00 Bridge 12:30 Ride Metro Class	13 11:00 Village Theatre Trip 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	14 8:30 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	15	
16	17 8:30 Indoor Walking 9:15 Arboretum Trip 1:00 Bridge	9:00 Senior Advisory Meeting 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 1:00 Crafts	19 8:30 Indoor Walking 9:45 Blood Pressure 11:45 Birthday Lunch 12:00 Bridge 1:00 Dancing w/ Hanky Panky Band	20 11:45 Lunch 12:00 Pinochle 12:30 SHIBA 1:00 Mah Jongg	21 8:30 Indoor Walking 9:00 Wii Games 11:45 Lunch 12:30 Mexican Train	22	
23	24 8:30 Indoor Walking 9:00 Foot Care by apt 10:00 Ride Metro Trip 1:00 Bridge	25 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 1:00 Crafts	26 8:30 Indoor Walking 11:45 Lunch 12:00 Bridge 12:30 Medicare Class	27 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	28 8:30 Indoor Walking 9:00 Wii Games 11:45 Halloween Lunch 12:30 Mexican Train	29	
30	31 8:30 Indoor Walking 1:00 Bridge 						

Foot Care, Legal Help, and SHIBA are by appointment only; call the senior desk at 206.973.4690.