



Menu ~ November 2022

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




Monday	Tuesday	Wednesday	Thursday	Friday
	1 Spanish Chicken Salad Rice Soup Chips & Salsa Strawberry Jell-O Banana	2 Salmon Filet Wild Rice Caesar Salad Wheat Roll Ice Cream	3 Beef Tostada Refried Beans Mandarin Oranges Lemon Pudding	4 Hungarian Goulash Broccoli Pound Cake Strawberries Whip Cream
7	8 Creamy Tomato Rotini Green & Yellow String Beans Wheat Rolls Tropical Fruit Cocktail	9 Vegetarian Stuffed Peppers Salsa Lemon Bars	10 Philly Cheese Sandwich Brussel Sprouts Grapes	11 Closed for Veteran's Day 
14	15 Beef Macaroni Broccoli Wheat Roll Applesauce	16 Thanksgiving Lunch Roast Turkey Mashed Potatoes & Gravy Stuffing, Green Beans, Cranberry Sauce, Roll Pumpkin Pie & Whip Cream RESERVATIONS REQUIRED	17 Baja Chicken Black Bean, Corn Rice Salad Ice Cream Pineapple Sauce	16 BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli w/Parmesan Applesauce
21	22 Pork W/Apples Cucumber Tomato Feta Salad Rice Pudding	23 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce	24 Closed for Thanksgiving Holiday 	25 Closed for Thanksgiving Holiday
28	29 Beef Stir Fry Fried Rice W/Egg Peas & Carrots Fortune Cookie Ice Cream Cup	30 Birthday Party Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears Birthday Cake	<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. 	



Activity Calendar ~ November 2022

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Holiday Bazaar Saturday, November 5, 9 AM-3 PM SeaTac Community Center		1 9:00 Outdoor Walking 11:45 Lunch 12:00 SHIBA (by apt) 12:30 Canasta 12:30 Crafts	2 8:30 Indoor Walking 9:45 Blood Pressure 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge	3 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg 1:00 Legal help (by apt) 2 - 7 Resource Fair	4 No Wii Games, Indoor walking or Flyer due to Bazaar set up. 11:45 Lunch 1:00 Bridge 12:30 Mexican Train	5  Holiday Bazaar 9:00 AM - 3:00 PM
6	7 8:30 Indoor Walking 9:00 Foot Care (by apt) 9:15 TRIP: Museum of Flight 1:00 Bridge	8 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	9 8:30 Indoor Walking 11:45 Lunch 1:00 Wellness Wednesday "Healthy Holiday Habits"	10 11:30 SHIBA (by apt) 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	11 Closed for Veteran's Day 	12
13	14 8:30 Indoor Walking 9:00 Foot Care (by apt) 1:00 Bridge 2:30 TRIP: Boehm's	15 9:00 Sr Advisory Mtg 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 12:30 Crafts	16 8:30 Indoor Walking 9:45 Blood Pressure 10:30 Hanky Panky Band 11:45 THANKSGIVING LUNCH Reservation required 12:00 Bridge	17 10:30 SHIBA (by apt) 11:45 Lunch 12:00 Pinochle 1:00 Mah Jongg	18 8:30 Indoor Walking 10:00 Wii Games 11:45 Lunch 1:00 Bridge 12:30 Mexican Train	19
20	21 8:30 Indoor Walking 9:00 Foot Care (by apt) 1:00 Bridge	22 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	23 8:30 Indoor Walking 11:45 Lunch 12:00 SHIBA (by apt) 12:30 Wellness Wednesday	24 Closed for Thanksgiving Holiday 	25 Closed for Thanksgiving Holiday	26
27	28 8:30 Indoor Walking 1:00 Bridge	29 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	30 8:30 Indoor Walking 11:45 BIRTHDAY PARTY LUNCH	Foot Care, Legal Help, and SHIBA are by appointment only; call the senior desk at 206.973.4690.		