




Menu ~ February 2023

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



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding	2 Meatloaf Potatoes & Gravy Carrots Oranges	3 Broccoli Cheese Soup 1/2 Turkey Sandwich Apple Crisp
	7 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears	8 SWEETIES LUNCHEON Salmon Filet Wild Rice, Caesar Salad Wheat Roll Ice Cream	9 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar	10 Philly Cheese Sandwich Brussel Sprouts Grapes
13	14 Chicken Cheese Taco Cauliflower Salsa Guacamole Caramelized Bananas	15 BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli & Parmesan Birthday Cake	16 Beef Chili Colorado Cauliflower Broccoli Orange	17 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream & Pineapple Sauce
20 CLOSED FOR PRESIDENTS' DAY	21 Beef Goulash Broccoli Pound Cake Strawberries Whip Cream	22 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce	23 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie	24 Split Pea Soup 1/2 Ham & Cheese Sandwich Rhubarb Crisp
27	28 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote	<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 ~ February 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Indoor Walking 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge	2 11:45 Lunch 12:00 Pinochle 1:00 Legal Help (by apt)	3 8:30 Indoor Walking 10:00 Wellness / Wii 11:45 Lunch 12:30 Mexican Train 1:00 Bridge	4
5 11:00 Trip: Ain't Too Proud	6 8:30 Indoor Walking 9:00 Foot Care (by apt) 1:00 Bridge	7 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 12:30 Crafts-Cookie Party	8 8:30 Indoor Walking 10:30 Hanky Panky Band 11:45 Sweeties Lunch RESERVATION REQ'D	9 11:45 Lunch 12:00 Pinochle	10 8:30 Indoor Walking 10:00 Wellness / Wii 11:45 Lunch 12:30 Mexican Train 1:00 Bridge	11
12	13 8:30 Indoor Walking 9:00 Foot Care (by apt) 10:00 Trip: British Partry 1:00 Bridge	14 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	15 8:30 Indoor Walking 10:30 Hanky Panky Band 11:45 Birthday Lunch 12:00 Bridge	16 11:45 Lunch 12:00 Pinochle 1:00 SHIBA (by apt)	17 8:30 Indoor Walking 10:00 Wellness / Wii 11:45 Lunch 12:30 Mexican Train 1:00 Bridge	18
19	CLOSED PRESIDENTS' DAY	21 9:00 Senior Massage 9:00 Sr Advisory Mtg 9:00 Outdoor Walking 10:30 Book Club 11:45 Lunch 12:30 Canasta 12:30 Crafts	22 8:30 Indoor Walking 10:30 Hanky Panky Band 11:45 Lunch	23 11:45 Lunch 12:00 Pinochle	24 8:30 Indoor Walking 9:00 Trip: WA History Museum 10:00 Wellness / Wii 11:45 Lunch 12:30 Mexican Train 1:00 Bridge	25
26	27 8:30 Indoor Walking 9:00 Foot Care (by apt) 1:00 Bridge	28 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.			