



Menu ~ May 2023

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



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup	3 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding	4 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote	5 Beef Tostada Refried Beans Mandarin Oranges Lemon Pudding
	9 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears	10 MOTHER'S DAY LUNCH Salmon Filet Wild Rice, Caesar Salad Wheat Roll Ice Cream RESERVATION REQUIRED	11 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar	12 Shrimp Scampi Linguini Pasta Strawberry Spinach Salad & Wheat Roll Coconut Cream Pie
15	16 Salsa Chicken Salad Corn and Beans Tortilla Chips Fig Newton	17 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce	18 Pasta Salad Bacon & Veggies Hard Boiled Egg Mandarin Oranges Lemon Bar	19 Philly Cheese Sandwich Brussel Sprouts Grapes
22	23 Beef Goulash Broccoli Pound Cake Strawberries Whip Cream	24 Chicken Potato & Pea Salad Wheat Rolls Grapes Orange Sherbet	25 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie	26 Meatloaf Potatoes & Gravy Carrots Oranges Brownie
29  Closed for Memorial Day	30 Shrimp Salad Melon Wheat Roll Lemon Bar	31 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream & Pineapple Sauce	<ul style="list-style-type: none"> • Suggested donation of \$4.50 for ages 60+ and \$6.50 for under 60. • 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 ~ May 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Indoor Walking 9:00 Foot Care (by apt) 1:00 Bridge	2 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 12:30 Crafts	3 8:30 Indoor Walking 10:30 Hanky Panky Band 11:45 Lunch	4 11:45 Lunch 12:00 Pinochle 12:30 Mah Jongg 1:00 Legal Help (by apt)	5 8:30 Indoor Walking 10:00 Wii 11:45 Lunch 12:30 Mexican Train 1:00 Bridge	6
7	8 8:30 Indoor Walking 1:00 Bridge	9 8:45 Trip: Walking at Kubota Garden 9:00 AARP Safe Driver 11:45 Lunch 12:30 Canasta 12:30 Cooking Class	10 8:30 Indoor Walking 10:30 Hanky Panky Band 11:45 MOTHER'S DAY LUNCH (RES. REQ'D) 12:00 Bridge	11 9:00 AARP Safe Driver 11:45 Lunch 12:00 Pinochle 12:30 Mah Jongg	12 8:30 Indoor Walking 10:00 Wii 11:45 Lunch 12:30 Mexican Train 1:00 Bridge	13
14	15 8:30 Indoor Walking 9:00 Foot Care (by apt) 1:00 Bridge	16 9:00 Senior Advisory 9:00 Outdoor Walking 10:30 Book Club 11:45 Lunch 12:30 Canasta / Crafts	17 8:30 Indoor Walking 10:30 Hanky Panky Band 11:45 Birthday Lunch 12:00 Bridge	18 11:45 Lunch 12:00 Pinochle 12:30 Mah Jongg 1:00 SHIBA (by apt)	19 8:30 Indoor Walking 10:00 Wii 11:45 Lunch 12:30 Mexican Train 1:00 Bridge	20
21	22 8:30 Indoor Walking 9:00 Foot Care (by apt) 1:00 Bridge	23 8:45 Trip: Walking Des Moines Marina 9:00 Massage (by apt) 11:45 Lunch 12:30 Canasta 12:30 Cooking Class	24 8:30 Indoor Walking 10:30 Hanky Panky Band 11:45 Lunch	25 11:45 Lunch 12:00 Pinochle 12:30 Mah Jongg	26 8:30 Indoor Walking 10:00 Wii 11:45 Lunch 12:30 Mexican Train 1:00 Bridge	27
28	29  Closed for Memorial Day	30 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	31 8:30 Indoor Walking 10:30 Hanky Panky Band 11:45 Lunch	Foot Care, Legal Help, Massage and SHIBA are by appointment only; call the senior desk at 206.973.4690.		