



# Menu ~ August 2023



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Stir Fry Fried Rice W/ Egg Peas & Carrots Fortune Cookie Ice Cream Cup	2 Pork Chops With Apples Cucumber Tomato Feta Salad Rice Pudding	3 Fish & Chips Coleslaw Yogurt Strawberry Rhubarb Compote	4 Beef Tostada Refried Beans Mandarin Oranges Lemon Pudding
7	8 Salmon Filet Wild Rice Caesar Salad Wheat Roll Ice Cream	9 Beef Stuffed Peppers Salsa Brownies	10 Taco Bake Casserole Seasoned Corn Pinto Beans Melon	11 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar
14	15 Salsa Chicken Salad Corn and Beans Tortilla Chips Fig Newton	16 <b>BIRTHDAY LUNCHEON</b> BBQ Pork Loaded Baked Potato Lemon Garlic Broccoli Birthday Cake	17 Philly Cheese Sandwich Brussel Sprouts Grapes	18 Chicken Potato & Pea Salad Wheat Rolls Grapes Orange Sherbet
21	22 Pasta Salad Bacon & Veggies Hard Boiled Egg Mandarin Oranges Lemon Bar	23 <b>HAWAIIAN LUNCH</b> Beef Street Tacos Broccoli Pound Cake, Strawberries Whip Cream <b>RESERVATION REQUIRED</b>	24 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears	25 Waffles Strawberries Scrambled Eggs Orange Juice
28	29 Meatloaf Potatoes & Gravy Carrots Oranges Brownie	30 Baja Chicken Black Bean, Corn, Rice Salad Ice Cream & Pineapple Sauce	31 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie	

- 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 ~ August 2023

## SeaTac Senior Program • 206.973.4690



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	<b>2</b> 8:30 Seniors Workout 10:30 Hanky Panky Band 11:45 Lunch	<b>3</b> 11:45 Lunch 12:00 Pinochle 12:30 Mah Jongg 1:00 Legal Help (by apt)	<b>4</b> 8:30 Seniors Workout 10:00 New Comer's Social 10:00 Wii 11:45 Lunch 12:30 Mexican Train 1:00 Bridge	<b>5</b>
	<b>6</b>	<b>7</b> 8:30 Seniors Workout 9:00 Foot Care by Appt 1:00 Bridge	<b>8</b> 8:45 Trip: Walking 11:45 Lunch 12:30 Canasta	<b>9</b> 8:30 Seniors Workout 10:30 Hanky Panky Band 11:45 Lunch	<b>10</b> 11:45 Lunch 12:00 Pinochle 12:30 Mah Jongg	<b>11</b> 8:30 Seniors Workout 10:00 Senior Writing group 10:00 Wii 11:00 Tech Help 11:45 Lunch 12:30 Mexican Train 1:00 Bridge
<b>13</b>	<b>14</b> 8:30 Seniors Workout 9:00 Foot Care by Appt 1:00 Bridge	<b>15</b> 9:00 Outdoor Walking 9:00 Massage (by apt) 10:30 Book Club 11:45 Lunch 12:30 Canasta	<b>16</b> 8:30 Seniors Workout 10:30 Hanky Panky Band 11:45 <b>Birthday Luncheon</b>	<b>17</b> 11:30 SHIBA (by apt) 11:45 Lunch 12:00 Pinochle 12:30 Mah Jongg	<b>18</b> 8:30 Seniors Workout 10:00 Wii 11:45 Lunch 12:30 Mexican Train 1:00 Bridge	<b>19</b>
<b>20</b>	<b>21</b> 8:30 Seniors Workout 1:00 Bridge	<b>22</b> 8:45 Trip: Walking 11:45 Lunch 12:30 Canasta	<b>23</b> 8:30 Seniors Workout 10:30 Hanky Panky Band 11:45 <b>Hawaiian Luncheon</b>	<b>24</b> 11:45 Lunch 12:00 Pinochle 12:30 Mah Jongg	<b>25</b> 8:30 Seniors Workout 10:00 Wii 11:45 Lunch 12:30 Mexican Train 1:00 Bridge	<b>26</b>
<b>27</b>	<b>28</b> 8:30 Seniors Workout 9:00 Foot Care by Appt 1:00 Bridge	<b>29</b> 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	<b>30</b> 8:30 Seniors Workout 10:30 Hanky Panky Band 11:45 Lunch	<b>31</b> 11:45 Lunch 12:00 Pinochle 12:30 Mah Jongg	Foot Care, Legal Help, Massage and SHIBA are by appointment only; call the senior desk at 206.973.4690.	