



Menu ~ November 2023

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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| <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. | | 1 Beef Chili Con Carne Sautéed Carrots Spinach Cornbread Pears | 2 Minestrone Soup Baked Potato Mixed Berries Whip Cream | 3 Salisbury Steak w/ Gravy Mashed Potatoes Sautéed Spinach Fig Newton |
| 6 | 7 Swiss Cheese Burger Lettuce & Tomatoes Wedge Fries Mixed Berries | 8 Amandine Fish Broccoli Wheat Roll Orange Birthday Cake | 9 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries | 10 Closed for Veteran's Day Observed |
| 13 | 14 Chicken Fajita w/ Bell Peppers & Zucchini Rice Salsa & Sour Cream | 15 Roast Turkey Mashed Potato & Gravy Green Beans Cranberry Sauce Wheat Roll Pumpkin Pie w/Whip Cream THANKSGIVING LUNCHEON (Reservations Required) | 16 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream | 17 Beef & Pepper Steak Brussel Sprouts Pound Cake with Strawberries & Whip Cream |
| 20 | 21 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies | 22 Beef Barley Soup Caesar Salad Fresh Apple Ginger Snaps | 23 Thanksgiving Holiday  | 24 Thanksgiving Holiday |
| 27 | 28 Honey Dijon Chicken Potatoes Beets Peaches | 29 Vegetarian Shepard's Pie Lettuce, Tomato Carrot Salad | 30 Sloppy Joe Sandwich Tomato, Cucumber, Feta & Onion Salad Yogurt Strawberries | |



Activity Calendar ~ November 2023

SeaTac Senior Program • 206.973.4690



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|----------|
| Foot Care, Legal Help, and SHIBA are by appointment only; call the senior desk at 206.973.4690. | | | 1 8:30 Seniors Workout 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 Trip: SAM & Pike Place Market 8:30 Seniors Workout 10:00 Newcomer's 10:00 Writing Group 11:00 Tech Help (by apt) 11:45 Lunch | 4 |
| 5 | 6 8:30 Seniors Workout 9:00 Trip: MOHAI 1:00 Bridge | 7 9:00 Outdoor Walking 11:45 Lunch 12:30 Crafts 12:30 Canasta | 8 8:30 Seniors Workout 10:30 Hanky Panky Band 11:45 Birthday Lunch | 9 11:45 Lunch 12:00 Pinochle | 10 CLOSED FOR OBSERVATION OF VETERAN'S DAY | 11 |
| 12 | 13 8:30 Seniors Workout 9:00 Foot Care (by apt) 1:00 Bridge | 14 9:00-1:30 AARP Safe Driving Class (1 of 2) 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta | 15 8:30 Seniors Workout 10:30 Hanky Panky Band 11:45 Thanksgiving Lunch RESERVATION REQ'D 12:00 Bridge | 16 9:00-1:30 AARP Safe Driving Class (2 of 2) 11:30 SHIBA 11:45 Lunch 12:00 Pinochle | 17 8:30 Seniors Workout 10:00 Trip: Glassblowing 10:00 Survey Summary Meeting 10:00 Wii Games 11:45 Lunch | 18 |
| 19 | 20 8:30 Seniors Workout 9:00 Foot Care (by apt) 1:00 Bridge | 21 9:00 Senior Advisory 9:00 Outdoor Walking 9:00 Massage (by apt) 11:45 Lunch 12:30 Canasta | 22 8:30 Seniors Workout 10:30 Hanky Panky Band 11:45 Lunch | 23 CLOSED FOR THANKSGIVING HOLIDAY  | 24 CLOSED FOR THANKSGIVING HOLIDAY | 25 |
| 26 | 27 8:30 Seniors Workout 9:00 Foot Care (by apt) 1:00 Bridge | 28 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta | 29 8:30 Seniors Workout 10:30 Hanky Panky Band 11:45 Lunch | 30 11:45 Lunch 12:00 Pinochle | | |