



Menu ~ February 2024

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 Split Pea Soup 1/2 Ham & Cheese Sandwich Apple Crisp	2 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice
5	6 Sloppy Joes on a Bun Three Bean Salad Dessert	7 Turkey Noodle Soup Carrot & Raisin Salad Oatmeal Cookie	8 Beef Macaroni Broccoli Wheat Roll Applesauce	9 Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Pears
12	13 Spaghetti Casserole Green Salad Garlic Bread Jello	14 SWEETIES LUNCHEON Meatloaf Potatoes & Gravy Carrots, Oranges Brownie RESERVATION REQ'D	15 Chicken Cheese Taco Cauliflower Salsa Sour Cream Bananas	16 Tuna Melt Pea, Onion & Tomato Salad w/ Cheese Grapes
19 CLOSED Presidents' Day	20 Fish & Chips Coleslaw Apple Sauce	21 Pork Chops with Apples Cucumber, Tomato, Feta Salad Birthday Cake BIRTHDAY PARTY	22 Broccoli & Cheese Soup 1/2 Turkey Sandwich Orange	23 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie
26	27 Egg Salad Sandwich Carrot and Raisin Salad Cookie	28 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce	29 PAJAMA PARTY LUNCH Turkey Meatloaf Potato w/ Sour Cream Broccoli Oatmeal Raisin Cookie	



Activity Calendar ~ February 2024

SeaTac Senior Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
Weekend Trip: Jersey Boys, Sat. Feb 24, 12:30 PM			1 11:45 Lunch 12:00 Pinochle 1:00 Legal Help**	2 10:00 Newcomers Social 10:00 Wii Games 11:45 Lunch 1:00 Bridge
5 8:00 Trip: Boeing 8:30 Senior Workout 9:00 Foot Care** 1:00 Bridge	6 9:00 Outdoor Walking 11:45 Lunch 12:30 Crafts 12:30 Canasta	7 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge	8 11:45 Lunch 12:00 Pinochle	9 10:00 Writing Group 10:00 Wii Games 11:00 Tech Help** 11:45 Lunch 1:00 Bridge
12 8:30 Senior Workout 8:45 Trip: Cupcakes 9:00 Foot Care** 1:00 Bridge	13 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	14 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Sweeties Lunch RESERVATION REQUIRED	15 11:30 SHIBA** 11:45 Lunch 12:00 Pinochle	16 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge
19 CLOSED FOR PRESIDENTS' DAY	20 9:00 Senior Advisory 9:00 Outdoor Walking 9:00 Massage** 10:30 Book Club 11:45 Lunch 12:30 Crafts/Canasta	21 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Birthday Lunch 12:00 Bridge 12:30 Class: Book of Life	22 11:45 Lunch 12:00 Pinochle	23 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge
26 8:30 Senior Workout 9:00 Foot Care** 1:00 Bridge	27 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	28 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch	29 PAJAMA DAY 11:45 Lunch 12:00 Pinochle	** These services are by appointment only.