



Menu ~ March 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. 		 <p>SAINT PATRICK'S LUNCH Wednesday, March 8 Reservations are required. Call 206.973.4690 to register.</p>	1	Omelet Sausage Patty Hashbrowns Honey Dew Melon
4	5 Sloppy Joes on a Bun Carrots Coins Three Bean Salad Dessert	6 Chefs Salad W/ Turkey Cheese & Egg Beans & Peas Breadsticks Peaches	7 Swiss Cheese Burger Lettuce & Tomatoes Wedge Fries Mixed Berries	8 Amandine Fish Broccoli Wheat Roll Orange Lemon Bar
11	12 Beef Stroganoff w/Egg Noodles Green Beans Carrot & Raisin Salad Dessert	13 St. Patrick's Luncheon Corned Beef & Cabbage Potatoes & Carrots Biscuits Apples & Cinnamon RESERVATION REQUIRED	14 Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton	15 Chicken Fajita w/Bell Peppers & Zucchini, Salsa, Guacamole, Sour Cream Peaches
18	19 Fish and Chips Tartar Sauce Coleslaw Dessert	20 Beef Barley Soup Caesar Salad Fresh Apple Ginger Snaps	21 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	22 Beef & Pepper Steak Brussel Sprouts Pound Cake w/Strawberries Whip Cream
25	26 Waffle w/ Syrup Scramble Eggs Bacon Fruit	27 Spring Luncheon Ham & Scalloped Potatoes Green Salad & Roll Green Beans Strawberry Shortcake	28 Salisbury Steak W/ Gravy Mashed Potatoes Sautéed Spinach	29 Grilled Cheese Sandwich Tomato Soup Carrot & Raisin Salad Dessert



Activity Calendar ~ March 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
** These services are by appointment only.				
		SAINT PATRICK'S LUNCH Wednesday, March 8 Reservations are required. Call 206.973.4690 to register.		1 8:30 Senior Workout 10:00 Newcomers Social 10:00 Wii Games 11:45 Lunch 1:00 Bridge
4 8:30 Senior Workout 9:00 Foot Care** 1:00 Bridge	5 9:00 Outdoor Walking 11:45 Lunch 12:30 Crafts 12:30 Canasta	6 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge	7 11:45 Lunch 12:00 Pinochle 1:00 Legal Help**	8 8:30 Senior Workout 10:00 Writing Grp/Wii 11:00 Tech Help** 11:45 Lunch 1:00 Bridge
11 8:30 Senior Workout 9:00 Foot Care** 11:15 Trip: Irish Lunch 1:00 Bridge	12 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	13 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 St Patrick's Lunch RESERVATION ONLY 12:30 Class: FD Cares	14 11:45 Lunch 12:00 Pinochle	15 8:30 Senior Workout 8:45 Trip: Quilt Show 10:00 Wii Games 11:45 Lunch 1:00 Bridge
18 8:30 Senior Workout 1:00 Bridge	19 9:00 Senior Advisory 9:00 AARP Safe Driving 10:30 Book Club 11:45 Lunch 12:30 Crafts 12:30 Canasta	20 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Birthday Lunch 12:00 Bridge	21 9:00 AARP Safe Driving 11:30 SHIBA** 11:45 Lunch 12:00 Pinochle	22 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge
25 8:30 Senior Workout 9:00 Foot Care** 10:30 Trip: Pinball Museum 1:00 Bridge	26 TRIP REGISTRATION 9:00 Massage** 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	27 TRIP REGISTRATION 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Spring Luncheon	28 11:45 Lunch 12:00 Pinochle	29 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge