



Menu ~ May 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 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 Fish Sandwich Broccoli & Cauliflower Orange Vanilla Ice Cream	2 Beef Goulash Broccoli Pound Cake Strawberries Whip Cream	3 Pancakes Sausage Patty Scrambled Eggs Melon Orange Juice
6 Tuesday Meal Menus Menus will be posted in the senior lobby one week in advance, or call us at 206-973-4690.	7 Multicultural Meal From Food Innovation Network *We suggest you arrive before 11:15 AM.	8 Mother's Day Luncheon Chicken Cacciatore Zucchini & Tomato Medley Wheat Roll Dessert	9 Beef Macaroni Broccoli Wheat Roll Applesauce	10 Shrimp Scampi Linguini Pasta Strawberry Spinach Salad & Wheat Roll Coconut Cream Pie
13	14 Multicultural Meal From Food Innovation Network *We suggest you arrive before 11:15 AM.	15 Birthday Party Meatloaf Potatoes & Gravy Carrots Oranges Brownie	16 Chicken Cheese Taco Cauliflower Salsa Sour Cream Caramelized Bananas	17 Tuna Melt W/ Cheese Pea Onion & Tomato Salad Grapes
20	21 Multicultural Meal From Food Innovation Network *We suggest you arrive before 11:15 AM.	22 Pork Chops with Apples Cucumber, Tomato, Feta Salad Rice Pudding	23 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie	24 Philly Cheese Sandwich Brussel Sprouts Grapes
27 CLOSED FOR MEMORIAL DAY HOLIDAY	28 Multicultural Meal From Food Innovation Network *We suggest you arrive before 11:15 AM.	29 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce	30 Pork Luau Rice Pineapple Coleslaw Hawaiian Roll Tropical Fruit Salad	31 Taco Bake Casserole Corn & Black Beans Pinto Beans Melon



Activity Calendar ~ May 2024

SeaTac Senior Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
These services are by appointment only.		1 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge 12:30 Trip: Flower Shopping at McLendon's	2 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle 1:00 Legal Help	3 8:30 Senior Workout 10:00 Newcomers Social 10:00 Wii Games 11:45 Lunch 1:00 Bridge
6 8:30 Senior Workout 1:00 Bridge	7 9:00-1:30 AARP Safe Driving Class (Class #1) 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 12:30 Crafts	8 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Mother's Day Luncheon 12:30 Science of Pain Class (Comfort Keepers)	9 9:00-1:30 AARP Safe Driving Class (Class #2) 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	10 8:30 Senior Workout 10:00 Writing Grp 10:00 Wii Games 11:00 Tech Help** 11:45 Lunch 1:00 Bridge
13 8:30 Senior Workout 1:00 Bridge	14 8:45 Walk: Alki Beach 11:45 Lunch 12:30 Canasta 12:30 Volunteer Meeting	15 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Birthday Lunch 12:00 Bridge	16 10:00 Zumba Gold 11:30 SHIBA** 11:45 Lunch 12:00 Pinochle	17 8:45 Trip: Tea & LaConner 8:30 Senior Workout 9:00 Foot Care** 10:00 Wii Games 11:45 Lunch 1:00 Bridge
20 8:30 Senior Workout 8:45 Trip: Juanita Bay Bird Walk 9:00 Foot Care** 1:00 Bridge	21 9:00 Senior Advisory 9:00 Outdoor Walking 10:30 Book Club 11:45 Lunch 12:30 Canasta 12:30 Crafts	22 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch	23 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	24 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge
27 Closed for the Memorial Day Holiday	28 8:45 Walk: Kubota Gardens 9:00 Massage** 11:45 Lunch 12:30 Canasta	29 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch	30 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	31 8:30 Senior Workout 9:00 Foot Care ** 10:00 Wii Games 11:45 Lunch 1:00 Bridge