



Menu ~ July 2024

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



Monday	Tuesday	Wednesday	Thursday	Friday
	2 Multicultural Meal from Food Innovation Network *Please arrive by 11:15	3 Independence Day Lunch Swiss Cheese Burger Lettuce & Tomatoes Fries	4 Closed For Independence Day Holiday	5 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding
8	9 Multicultural Meal from Food Innovation Network *Please arrive by 11:15	10 Pork Cutlet Baked Potato Baked Beans Coleslaw	11 Ground Turkey Spaghetti Green Bean Breadsticks Pears	12 Fish Taco Rice & Beans Berries & Whip Cream
15	16 Multicultural Meal from Food Innovation Network *Please arrive by 11:15	17 Birthday Luncheon Beef Lasagna Green Beans Breadstick Birthday Cake	18 Parmesan Tilapia W- Pilaf Squash Brownie Bits	19 Angle Lake BBQ Hamburger Hot Dog & Chips Potato Salad Dessert Reservation Required
22	23 Multicultural Meal from Food Innovation Network *Please arrive by 11:15	24 Chicken Caesar Salad Baked Apple	25 Caribbean Pork Chops W-Peppers Pineapple Cornbread	26 Beef & Pepper Casserole Salad Peach Cobbler Wheat Roll
	30 Multicultural Meal from Food Innovation Network *Please arrive by 11:15	31 Chicken Tetrizzini Tossed Salad W- Cabbage & Garbanzo Beans	<ul style="list-style-type: none"> • Lunch Wed. thru Fri. is a suggested donation of \$4.50 for ages 60+ and \$6.50 for under 60. • Tuesday lunch is available for no fee for King County residents, 55+. • 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. 	



Activity Calendar ~ July 2024

SeaTac Senior Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Senior Workout 9:00 Foot Care** 1:00 Bridge	2 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 12:30 Crafts	3 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 IND. DAY LUNCH 12:00 Bridge	4 CLOSED FOR INDEPENDENCE DAY	5 8:30 Senior Workout 10:00 Newcomers Social 10:00 Wii Games 11:45 Lunch 1:00 Bridge
8 8:15 Trip: Crystal Mt 8:30 Senior Workout 9:00 Foot Care** 1:00 Bridge	9 9:00 Walking Trip: 3 Friends Fishing Hole 11:45 Lunch 12:30 Canasta	10 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch	11 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle 1:00 Legal Help**	12 8:30 Senior Workout 10:00 Writing Grp 10:00 Wii Games 11:00 Tech Help** 11:45 Lunch
15 8:30 Senior Workout 1:00 Bridge	16 9:00 Senior Advisory 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 12:30 Crafts	17 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge	18 10:00 Zumba Gold 11:15 Trip: Clue 11:45 Lunch 12:00 Pinochle	19 8:30 Senior Workout 10:30 Angle Lake BBQ Reservation Required 1:00 Bridge
22 8:30 Senior Workout 8:30 Trip: Mini Golf 9:00 Foot Care** 1:00 Bridge	23 9:00 Walking Trip: West Highland Dr. 11:45 Lunch 12:30 Canasta	24 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch	25 10:00 Zumba Gold 11:30 SHIBA** 11:45 Lunch 12:00 Pinochle	26 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge
29 8:30 Senior Workout 1:00 Bridge	30 9:00 Walking 11:15 Trip: Rainiers Baseball 11:45 Lunch 12:30 Canasta	31 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch	 ** These services are by appointment only.	