



Menu ~ August 2024

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



Monday	Tuesday	Wednesday	Thursday	Friday
<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. 			1 Beef Goulash Broccoli Pound Cake Strawberries Whip Cream	2 BBQ Pork Open Face Sandwich Green Beans Carrot Raisin Salad Lemon Bar
5	6 Multicultural Meal from Food Innovation Network *Please arrive before 11:15 AM	7 Chicken Salsa Salad Corn and Beans Tortilla Chips Fig Newton	8 Beef Macaroni Broccoli Wheat Roll Applesauce	9 Shrimp Salad Melon Wheat Roll Lemon Bar
12	13 Multicultural Meal from Food Innovation Network *Please arrive before 11:15 AM	14 Pork Chops with Apples Cucumber Tomato Feta Salad Rice Pudding	15 Chicken Cheese Taco Cauliflower Salsa Sour Cream Bananas	16 Tuna Melt Pea Onion & Tomato Salad Grapes
19	20 Multicultural Meal from Food Innovation Network *Please arrive before 11:15 AM	21 BIRTHDAY PARTY Chinese Chicken Salad Wheat Roll Pears Birthday Cake	22 Baked Cod Roasted Mediterranean Veggies Oatmeal Raisin Cookie	23 Philly Cheese Sandwich Brussel Sprouts Grapes
26	27 Multicultural Meal from Food Innovation Network *Please arrive before 11:15 AM	28 BBQ Chicken Pasta Salad Green Beans Ice Cream Pineapple Sauce	29 Turkey Meatloaf Potato W Sour Cream Broccoli Oatmeal Raisin Cookie	30 Taco Bake Casserole Corn & Black Beans Pinto Beans Melon



Activity Calendar ~ August 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
** These services are by appointment only.			1 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle 1:00 Legal Help**	2 8:30 Senior Workout 10:00 Newcomers Social 10:00 Wii Games 11:45 Lunch 1:00 Bridge
5 8:30 Senior Workout 9:00 Foot Care** 1:00 Bridge	6 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 12:30 Crafts	7 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge	8 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	9 8:30 Senior Workout 9:15 Trip: Port Gamble 10:00 Writing Grp/Wii 11:00 Tech Help** 11:45 Lunch
12 8:30 Senior Workout 1:00 Bridge	13 9:00 Walking Trip: Des Moines Creek 11:45 Lunch 12:30 Canasta	14 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch	15 10:00 Zumba Gold 11:30 SHIBA** 11:45 Lunch 12:00 Pinochle	16 8:30 Senior Workout 9:45 Trip: Train Ride 10:00 Wii Games 11:45 Lunch 1:00 Bridge
19 8:30 Senior Workout 9:00 Foot Care** 10:00 Trip: Pickles 1:00 Bridge	20 9:00 Outdoor Walking 10:30 Book Club 11:45 Lunch 12:30 Canasta 12:30 Crafts	21 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Birthday Lunch 12:00 Bridge	22 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	23 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge 1:30 Dance Party
26 8:30 Senior Workout 9:30 Trip: Fair 1:00 Bridge	27 9:00 Massage** 9:00 Walking Trip: Seahurst Park 11:45 Lunch 12:30 Bunco / Canasta	28 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch	29 9:00 Foot Care** 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	30 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge