



Menu ~ September 2024



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

- 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.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 MULTICULTURAL LUNCH from Spice Bridge Please arrive by 11:15 AM	4 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries w/ Whipped Cream	5 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	6 Beef Shepherd's Pie Lettuce, Tomato Carrot Salad Fig Newton
9	10 MULTICULTURAL LUNCH from Spice Bridge Please arrive by 11:15 AM	11 Chefs Salad w/ Turkey & Ham, Cheese & Egg Breadstick Peaches	12 Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples	13 Sloppy Joe Sandwich Tomato, Cucumber, Feta & Onion Salad Yogurt Strawberries
16	17 MULTICULTURAL LUNCH from Spice Bridge Please arrive by 11:15 AM	18 BIRTHDAY LUNCH Chicken Fajita w/ Bell Peppers & Zucchini Rice Salsa & Sour Cream Tropical Fruit Birthday Cake	19 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies	20 Omelet Sausage Patty Hashbrowns Honey Dew Melon
23	24 MULTICULTURAL LUNCH from Spice Bridge Please arrive by 11:15 AM	25 SENIOR BALL Creamy Pork Tomato Rotini Green & Yellow Bean Blend Wheat Roll Peaches	26 Beef & Rice Burrito Salsa & Sour Cream Tomato-Onion-Cucumber Salad Apples	27 Pasta Salad w/Peas, Carrots & Bacon Crumbles Hard Boiled Egg Mandarin Oranges Lemon Bar



Activity Calendar ~ September 2024

SeaTac Senior Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR LABOR DAY	3 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 12:30 Crafts	4 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge	5 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle 1:00 Legal Help**	6 8:30 Senior Workout 10:00 Newcomers Social 10:00 Wii Games 11:45 Lunch 1:00 Bridge
9 8:30 Senior Workout 9:00 Foot Care** 12:30 Drop-in Tech Time 1:00 Bridge	10 9:00 Outdoor Walking 10:15 Trip: Bingo Cruise 11:45 Lunch 12:30 Canasta	11 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Lunch	12 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	13 8:30 Senior Workout 10:00 Writing Grp/Wii 11:00 Tech Help** 11:45 Lunch
16 8:15 Trip: Whidbey Island 8:30 Senior Workout 9:00 Foot Care** 1:00 Bridge	17 9:00 Walking Trip 9:00 Senior Advisory 11:45 Lunch 12:30 Crafts/Canasta	18 8:30 Senior Workout 10:30 Hanky Panky Band 11:45 Birthday Lunch 12:00 Bridge	19 10:00 Zumba Gold 11:30 SHIBA** 11:45 Lunch 12:00 Pinochle	20 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 12:30 Bunco 1:00 Bridge
23 9:45 Trip: Ruston Way 8:30 Senior Workout 1:00 Bridge	24 25 9:00 Massage** 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta	25 8:30 Senior Workout 10:30 Senior Ball w/ Hanky Panky Band 11:45 Lunch	26 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	27 8:30 Senior Workout 10:00 Wii Games 11:45 Lunch 1:00 Bridge
30 8:30 Senior Workout 9:00 Foot Care** 1:00 Bridge	 Welcome Fall!			

** These services are by appointment only.