

Menu ~ Congregate Meal Program

July 2025

11:45 a.m.-12:30 p.m.

206-973-4690

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1 Seafood Boil with Corn, Potatoes & Corn Bread Muffin</p> <p>Old Bay Tofu Boil with Corn, Potatoes & Bread Rol</p>	<p>2 Independence Day Lunch Teriyaki Chicken with Vegetable Yakisoba</p> <p>Teriyaki Tofu with Vegetable Yakisoba</p>	<p>3 Broccoli and Cheddar Pasta</p> <p>Broccoli and Cheddar Pasta</p>	<p>4 Closed for Independence Day Holiday</p>
7	<p>8 Turkey Pasta Alfredo with Roasted Vegetables</p> <p>Pasta Alfredo with Roasted Vegetables</p>	<p>9 Chicken & Vegetable Fried Rice</p> <p>Vegan Tofu & Vegetable Fried Rice</p>	<p>10 Chicken Tenders, Co Bread Muffin & Coleslaw</p> <p>Veggie Nuggets, Bread Roll & Coleslaw</p>	<p>11 BBQ AT ANGLE LAKE Hog Dogs, Hamburgers, Chips, Watermelon, Water</p> <p>YOU MUST REGISTER FOR THE BBQ BY 7/8/25</p>
14	<p>15 Chicken Noodle Soup with Petite Ciabatta</p> <p>White Bean Noodle Soup with Petite Ciabatta</p>	<p>16 Birthday Party Sweet & Sour Chicken & Steamed Vegetable with Brown Rice</p> <p>Sweet & Sour Tofu & Steamed Vegetable with Rice</p>	<p>17 Pork Carnitas Black Bean & Cheese Burrito Bowl</p> <p>Vegan Black Bean & Cheese Burrito Bowl</p>	<p>18 Roasted Chicken with Potatoes & Bread Roll</p> <p>Roasted Tofu with Potatoes & Bread Roll</p>
21	<p>22 Chicken with Vegetable Spanish Rice</p> <p>Lentil with Vegetable Spanish Rice</p>	<p>23 Beef & Mushroom Stroganoff with Noodles</p> <p>Vegan Plant Protein & Mushroom Stroganoff with Noodles</p>	<p>24 Macaroni and Cheese w/ Steamed Broccoli</p> <p>Macaroni and Cheese with Steamed Broccoli</p>	<p>25 Turkey Chili with Corn Bread Muffin & Sour Cream</p> <p>GF Vegan Chili with Bread Roll</p>
28	<p>29 Spaghetti Marinara & Meatballs</p> <p>Spaghetti Marinara & Veggie Meatballs</p>	<p>30 Butter Chicken & Vegetables with Barley</p> <p>Butter Tofu & Vegetables with Barley</p>	<p>31 BBQ Chicken, Corn on the Cob, Bread Roll</p> <p>BBQ Tofu, Corn on the Cob, Bread Roll</p>	

Activity Calendar

July 2025

SeaTac Senior Program

206-973-4690

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Outdoor Walking 11:45 Lunch 12:30 Creative Crafts 12:30 Canasta 3:00 Creative Movement	2 Independence Day Luncheon 8:30 Seniors working out 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge	3 10:00 Zumba Gold 11:15 Gema Choir 11:45 Lunch 12:00 Pinochle 1:00 Legal Assistance**	4 Closed for Independence Day Holiday
7 9:00 Foot Care 8:30 Seniors working out 10:00 Ballard Locks Picnic & Tour 1:00 Bridge	8 8:45 Walking w/Nina Honey Creek Trail 11:45 Lunch 12:30 Canasta 3:00 Creative Movement	9 8:30 Seniors working out 10:30 Hanky Panky Band 11:45 Lunch 12:30 Movie Matinee	10 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	11 1:00 Bridge 8:30 Seniors working out 10:00 Creative Writing 10:30-12:30 Senior BBQ at Angle Lake 11:00 Tech Support
14 9:00 Foot Care 8:30 Seniors working out 1:00 Bridge	15 9:00 Senior Adv. Meeting 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 3:00 Creative Movement	16 Birthday Lunch 8:30 Seniors working out 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge 12:30 Movie Matinee	17 10:00 Zumba Gold 11:30 SHIBA ** 11:45 Lunch 12:00 Pinochle	18 8:30 Seniors working out 10:00 Wii Games 11:45 Lunch 1:00 Bridge
21 8:30 Seniors working out 1:00 Bridge	22 9:00 Massage 8:45 Walking w/Nina Seahurst Beach 11:45 Lunch 12:30 Canasta 3:00 Creative Movement	23 8:30 Seniors working out 10:30 Hanky Panky Band 11:45 Lunch 12:30 Movie Matinee	24 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	25 9:00 WSHM Trip 8:30 Seniors working out 10:00 Wii Games 11:45 Lunch 1:00 Bridge 1:30-3:30 Line Dance Party
28 8:15-4:00 NW Trek Grand-parents Trip 8:30 Seniors working out 1:00 Bridge	29 9:00 Batanical Walk w/ Elby 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 3:00 Creative Movement	30 8:30 Seniors working out 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge 12:30 Aging Today Class	31 10:00 Zumba Gold 11:45 Lunch 12:00 Pinochle	** These services are by Appointment only.