

Congregate Lunch Menu

March 2026

SeaTac Senior Program

206-973-4690

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Quesadilla and Refried Beans Vegan Quesadilla and Refried Beans	4 Sweet & Sour Chicken with Broccoli & Brown Rice Sweet & Sour Tofu with Broccoli & Brown Rice	5 Chicken Alfredo with Broccoli Vegan Alfredo with Broccoli	6 Chicken Breast Bites with Corn & Tater Tots Vegan Nuggets with Corn & Tater Tots
9	10 Roasted Chicken with Mashed Potatoes & Roll Vegan Chicken Tender with Mashed Potatoes & Roll	11 ST. PATRICK'S DAY RESERVATION REQUIRED Corned Beef & Cabbage, Roasted Potatoes, Carrots, Biscuit, and Dessert No Alternate Meals	12 Chicken & Cheese Enchilada with Roasted Corn Vegan Black Bean Enchilada with Roasted Corn	13 Cheeseburger with Baked Beans Vegan Burger with Baked Beans
16	17 Chicken Tortilla Soup with Corn Chips Soy Crumble & White Bean Tortilla Soup w/ Corn Chips	18 BIRTHDAY LUNCH Beef Stroganoff Soy Crumble Stroganoff	19 Breaded Chicken Sandwich with Jojos Vegan Chicken Tenders Sandwich with Jojos	20 French Toast, Turkey Sausage & Country Potatoes French Toast Sticks, Veggie Sausage & Country Potatoes
23	24 Chicken Parm over Penne Vegetarian Chicken Parm over Penne	25 Butter Chicken with Brown Rice & Mixed Vegetables Butter Tofu with Brown Rice & Mixed Vegetables	26 Creamy Mushroom Chicken over Seasoned Rice Vegan Meatballs with Sauteed Mushrooms over Seasoned Rice	27 BBQ Chicken with Roasted Potatoes & Corn BBQ Tempeh with Roasted Potatoes & Corn
30	31 NO LUNCH	Lunch will be cancelled from March 30-April 10 due to maintenance. Salad & Fruit served with each meal: Tue – Sliced Apple, Wed – Banana, Thurs – Orange Wedges, Fri – Melon or Pear *Vegetarian/Vegan Alternative		

Activity Calendar

March 2026

SeaTac Senior Program

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30 Seniors Working Out 9:00 Foot Care * 9:00 Trip: MOHAI 1:00 Bridge	3 9:00 Outdoor Walking 10:00 Tai Chi 11:45 Lunch 12:30 Canasta 12:30 Crafts	4 8:30 Seniors Working Out 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge 12:30 Movie Matinee	5 10:00 Tai Chi 11:45 Lunch 12:00 Pinochle 1:00 Legal Assistance* 12:30 Cooking w/ Lisa	6 8:30 Seniors Working Out 10:00 Newcomers Social 10:00 Wii Games 1:00 Bridge
9 8:30 Seniors Working Out 9:00 Foot Care * 9:00 Trip: Irish Lunch 1:00 Bridge	10 9:00 Outdoor Walking 9:00 AARP Safe Driving 10:00 Tai Chi 11:45 Lunch 12:30 Canasta	11 8:30 Seniors Working Out 10:30 Hanky Panky Band 11:45 St. Patrick's Day Lunch 12:00 Bridge 12:30 Movie Matinee	12 9:00 AARP Safe Driving 10:00 Tai Chi 11:45 Lunch 12:00 Pinochle	13 8:30 Seniors Working Out 9:15 Trip: Quilt Show 10:00 Wii Games 10:00 Creative Writing 11:00 Tech Help * 1:00 Bridge
16 8:30 Seniors Working Out 9:00 Foot Care * 1:00 Bridge	17 9:00 Outdoor Walking 9:00 Senior Advisory 10:30 Book Club 11:45 Lunch 12:30 Crafts / Canasta	18 8:30 Seniors Working Out 10:30 Hanky Panky Band 11:45 Birthday Lunch 12:00 Bridge 12:30 Movie Matinee	19 9:30-11:30 Metro Pop-up 11:30 SHIBA * 11:45 Lunch 12:00 Pinochle	20 8:30 Seniors Working Out 10:00 Wii Games 1:00 Bridge 1:00 Bunco
23 8:30 Seniors Working Out 9:00 Foot Care * 1:00 Bridge	24 9:00 Outdoor Walking 9:00 Massage * 11:45 Lunch 12:30 Canasta TRIP REGISTRATION	25 8:30 Seniors Working Out 10:30 Hanky Panky Band 11:45 Lunch 12:00 Bridge 12:30 Movie Matinee TRIP REGISTRATION	26 11:45 Lunch 12:00 Pinochle 12:30 Cooking w/Lisa	27 8:15 Trip: Meeker Mansion 8:30 Seniors Working Out 10:00 Wii Games 1:00 Bridge
30 9:00 Foot Care * 10:00 Trip: Black Diamond 1:00 Bridge	31 9:00 Outdoor Walking 12:30 Canasta	<p><i>* These services are by appointment only. Call 206-973-4680 to make an appointment.</i></p> <p><i>Activities in the gym and banquet room will be cancelled from March 30-April 10 due to maintenance.</i></p>		