

# Congregate Lunch Menu

May 2026

SeaTac Senior Program

206-973-4690

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

				1 Chicken Chunks with Tater Tots Vegan Nuggets with Tater Tots
4	5 Roasted Chicken with Cilantro Lime Brown Rice and Corn Vegan Roasted Tofu with Cilantro Lime Brown Rice and Corn	6 Beef Stroganoff Vegan Soy Crumble Stroganoff <b>Mother's Day Luncheon</b>	7 Crispy Chicken Sandwiches with Jojos Vegan Chicken Sandwich with Jojos	8 Beef Meatballs with Roasted Potatoes and Corn Vegan Meatballs with Roasted Potatoes and Corn
11	12 Chicken Alfredo with Broccoli Vegan Alfredo with Broccoli	13 Chicken Teriyaki with Broccoli and Brown Rice Vegan Tofu Teriyaki with Broccoli and Brown Rice	14 Pork Carnitas Soft Tacos with Black Beans Vegan Soy Crumble Soft Tacos with Black Beans	15 Cheeseburger with Tater Tots Veggie Burger with Tater Tots
18	19 French Toast, Breakfast Sausage & Country Potatoes Vegan French Toast Sticks, Veggie Sausage & Country Potatoes	20 Spaghetti and Meatballs Vegan Spaghetti and Meatballs <b>Birthday Luncheon</b>	21 Creamy SW Turkey Pasta with Roasted Corn Vegan Creamy SW Soy Crumble Pasta with Roasted	22 Chicken Tenders with Jojos and Corn Vegan Chicken Tenders with Jojos and Corn
25	26 Tomato Soup with Grilled Cheese Vegan Tomato Soup and Grilled Cheese	27 Roasted Chicken with Mashed Potatoes and Bread Rolls Vegan Chicken Tender with Mashed Potatoes and Bread	28 Seasoned Chicken with Spanish Rice, Refried Beans Vegan Taco Seasoned Tofu with Spanish Rice, Refried Beans	29 BBQ Chicken with Roasted Potatoes and Cornbread Vegan BBQ Veggie Tenders with Roasted Potatoes & Cornbread

Salad & Fruit served with each meal: Tue – Sliced Apple, Wed – Banana, Thurs – Orange Wedges, Fri – Melon or Pear

\*Vegetarian/Vegan Alternative

# Activity Calendar

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<p><i>* These services are by appointment only. Call 206-973-4680 to make an appointment.</i></p>				
<p>4 8:30 Seniors Working Out 9:00 Foot Care * 1:00 Bridge</p>	<p>5 9:00 Outdoor Walking 11:45 Lunch 12:30 Canasta 12:30 Crafts</p>	<p>6 8:30 Seniors Working Out 10:30 Hanky Panky Band <b>11:45 Mother's Day Lunch</b> 12:00 Bridge 12:30 Movie Matinee</p>	<p>7 11:45 Lunch 12:00 Pinochle 1:00 Legal Assistance*</p>	<p>1 <b>May Day</b> 8:30 Seniors Working Out <b>10:00 Newcomers Social</b> 10:00 Wii Games 11:45 Lunch 1:00 Bridge</p>
<p>11 8:30 Seniors Working Out 9:00 Foot Care * 1:00 Bridge</p>	<p>12 <b>8:45 Walking Trip: West Hylebos</b> <b>9:00 AARP Safe Driving</b> 11:45 Lunch 12:30 Canasta</p>	<p>13 8:30 Seniors Working Out 10:30 Hanky Panky Band 11:45 Lunch <b>12:30 Class: Magic &amp; Medicine of Plants</b></p>	<p>14 <b>9:00 AARP Safe Driving</b> 11:45 Lunch 12:00 Pinochle 12:30 Cooking w/ Lisa</p>	<p>15 8:30 Seniors Working Out 10:00 Wii Games 11:45 Lunch 12:30 Bunco 1:00 Bridge</p>
<p>18 <b>8:15 Trip: Still. Valley Museum &amp; Oso Memorial</b> 8:30 Seniors Working Out 9:00 Foot Care* 1:00 Bridge</p>	<p>19 9:00 Senior Advisory 9:00 Outdoor Walking 10:30 Book Club 11:45 Lunch 12:30 Canasta 12:30 Crafts</p>	<p>20 8:30 Seniors Working Out 10:30 Hanky Panky Band <b>11:45 Birthday Lunch</b> 12:00 Bridge <b>12:30 Class: Retirement Living &amp; Housing Options</b></p>	<p>21 <b>9:30-11:30 Metro Pop-up</b> 11:30 SHIBA * 11:45 Lunch 12:00 Pinochle</p>	<p>22 8:30 Seniors Working Out 10:00 Wii Games 11:45 Lunch 1:00 Bridge</p>
<p>25 <b>CLOSED FOR THE MEMORIAL DAY HOLIDAY</b></p>	<p>26 <b>8:45 Walking Trip: Kubota Garden</b> 9:00 Massage 11:45 Lunch 12:30 Canasta</p>	<p>27 8:30 Seniors Working Out 10:30 Hanky Panky Band 11:45 Lunch 12:30 Movie Matinee</p>	<p>28 11:45 Lunch 12:00 Pinochle 12:30 Cooking w/ Lisa</p>	<p>29 8:30 Seniors Working Out 10:00 Wii Games 11:45 Lunch 1:00 Bridge</p>