



December 2020 Lunch Menu



Menu subject to change without notice due to product availability. Call 425-333-4152 the day before to place your pick-up or delivery (if needed) order.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chili Baked Potato Green salad Oranges Corn Muffin Dessert	Tuna Sandwich Grapes Coleslaw Dessert	Turkey Noodle Soup Buttermilk Biscuit Melon Green Salad Dessert	National Cookie Day Hot Dog Broccoli Salad Potato Chips Mixed Fruit Dessert
7	8	9	10	11
Shepard's Pie Apricots Baked Squash Pears Dessert	National Brownie Day Chicken Curry Jasmine Rice Spring Greens Peaches Dessert	Egg & Sausage Biscuit Fruit Salad Garden Salad Cinnamon Roll	Egg Salad Sandwich Grapes Cabbage Salad Dessert	Beef Stroganoff Green Beans Sliced Melon Dessert
14	15	16	17	18
Sub Sandwiches Potato Chips Sliced Melon Mixed Greens Dessert	BBQ Pork Sandwich Coleslaw Oranges Dessert	Chef salad Bran Muffin Grapes Dessert	Fish & Tots Coleslaw Cantaloupe Dessert	Birthday & Holiday Lunch Baked Ham Scalloped Potatoes Green Beans Dinner Roll Fruit Jell-O Dessert Appetizers
21	22	23	24	25
Chicken Salad Sandwiches Spring Greens Peaches Dessert	Beef Stew Buttermilk Biscuit Apricots Garden Salad Dessert	Spaghetti w/ Meatballs Caesar Salad Oranges Cheese Bread Dessert	CLOSED for the Holidays	CLOSED for the Holidays
				
28	29	30	31	1
Turkey Sandwich Spinach Salad Mandarin Oranges Dessert	Parmesan Chicken Roasted Squash Diced Pears Dinner Roll Dessert	National Bacon Day BLT Sandwiches Coleslaw Oranges Dessert	CLOSED for the Holidays	CLOSED for the Holidays
				

All food prepared at this site is home made. (HM) The USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, age or disability.



December 2020 Activities Calendar



Registration information can be found in the newsletter or at www.snovalleyseior.org. If you have questions about participating in these programs, please email kiraa@soundgenerations.org or call 425-333-4152

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>GIVING TUESDAY!</u> 9:00 Gentle Chair Yoga online Noon-12:30 Lunch Pick-Up & Delivery 4:00 Chai & Conversations	2 Noon-12:30 Lunch Pick-Up & Delivery 12:45 Financial Advisor 2:00 Encompass Kinship Group on Zoom	3 11:00 Brain Fitness on Zoom Noon-12:30 Lunch Pick-Up & Delivery 4:00 Chai & Conversations	4 8:30 Virtual Bastyr Appointments 8:30 Reflexology Appointments Noon-12:30 Lunch Pick-Up & Delivery 1:00 One Click Sing Along
7 8:15 Healthy Smiles 10:00 Move it Mondays w/ Chelsey on FB Live Noon-12:30 Lunch Pick-Up & Delivery 1:00 One-on-One Zoom Help	8 9:00 Continental Café on Zoom 9:00 Gentle Chair Yoga online Noon-12:30 Lunch Pick-Up & Delivery 4:00 Chai & Conversations	9 Noon-12:30 Lunch Pick-Up & Delivery 2:00 Encompass Kinship Group on Zoom 1:00 The Art of Self Care	10 11:00 Brain Fitness on Zoom Noon-12:30 Lunch Pick-Up & Delivery 1:00 NWAC Winter Painting Class 4:00 Chai & Conversations	11 8:30 Virtual Bastyr Appointments 8:30 Reflexology Appointments Noon-12:30 Lunch Pick-Up & Delivery 1:00 One Click Sing Along
14 8:15 Healthy Smiles 9:00 Pet Food Available 10:00 Move it Mondays w/ Chelsey on FB Live Noon-12:30 Lunch Pick-Up & Delivery 1:30 Legal Advisor Appointments in-person	15 9:00 Gentle Chair Yoga online Noon-12:30 Lunch Pick-Up & Delivery 4:00 Chai & Conversations	16 Noon-12:30 Lunch Pick-Up & Delivery 1:30 Make New Friends Across the Miles 2:00 Encompass Kinship Group on Zoom	17 11:00 Brain Fitness on Zoom Noon-12:30 Lunch Pick-Up & Delivery 4:00 Chai & Conversations	18 8:30 Virtual Bastyr Appointments Noon-12:30 Holiday/ Birthday Lunch Pick-Up & Delivery 1:00 Music for Seniors online
21 10:00 Move it Mondays w/ Chelsey on FB Live Noon-12:30 Lunch Pick-Up & Delivery 1:00 One-on-One Zoom Help	22 9:00 Continental Café on Zoom 9:00 Gentle Chair Yoga online Noon-12:30 Lunch Pick-Up & Delivery 4:00 Chai & Conversations	23 Noon-12:30 Lunch Pick-Up & Delivery 2:00 Encompass Kinship Group Meetings	24 CLOSED for the Holidays 	25 CLOSED for the Holidays
28 10:00 Move it Mondays w/ Chelsey on FB Live Noon-12:30 Lunch Pick-Up & Delivery 1:00 Book Club on Zoom	29 9:00 Gentle Chair Yoga online Noon-12:30 Lunch Pick-Up & Delivery 4:00 Chai & Conversations	30 Noon-12:30 Lunch Pick-Up & Delivery 2:00 Encompass Kinship Group Meetings	31 CLOSED for the Holidays 	1 CLOSED for the Holidays