



May 2021 Lunch Menu



Menu subject to change without notice due to product availability. You can order up to 1 month in advance, but by at least the day before. If you see something you like on the menu, be sure to order it, we have had several days sell out in advance. Suggested donation is \$5 per meal, EBT is accepted.

Call 425-333-4152 place your pick-up or delivery (if needed) order.

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> White Chicken Chili Coleslaw Cornbread Grapes Dessert	<p style="text-align: right;">4</p> Taco Salad Corn Muffin Sliced Melon Dessert	<p style="text-align: right;">5</p> Spaghetti Green Salad Corn Muffin Oranges Dessert	<p style="text-align: right;">6</p> Ham and Swiss Sandwich Apricots Broccoli Salad Dessert	<p style="text-align: right;">7</p> Chicken Enchiladas Refried Beans Green Salad Pineapple Chunks Dessert
<p style="text-align: right;">10</p> Happy Mother's Day! Quiche Mixed Green Salad Fresh Fruit Orange Scone Lemon Lush	<p style="text-align: right;">11</p> Meat Pizza Cucumber & Tomato Salad Oranges Dessert	<p style="text-align: right;">12</p> Tuna Casserole Green Salad Cantaloupe Dessert	<p style="text-align: right;">13</p> Chicken Noodle Soup Broccoli Salad Buttermilk Biscuit Apricots Dessert	<p style="text-align: right;">14</p> Lasagna Garlic Roll Garden Salad Sliced Melon Cake
<p style="text-align: right;">17</p> Baked Ziti Cesar Salad Whole Wheat Roll Pineapple Chunks Dessert	<p style="text-align: right;">18</p> Meatloaf Green Beans Mashed Potatoes Apricots Dessert	<p style="text-align: right;">19</p> Cheesy Beef & Macaroni Casserole Mandarin Oranges Peas & Carrots Dessert	<p style="text-align: right;">20</p> Clam Chowder Mixed Green Salad Pears & Cottage Cheese Dessert	<p style="text-align: right;">21</p> Birthday Lunch! Cheese Manicotti Caesar Salad Garlic Roll Pineapple Chunks Birthday Cake
<p style="text-align: right;">24</p> Tortellini Sausage Soup Corn Muffin Broccoli Salad Peaches Dessert	<p style="text-align: right;">25</p> Hot Dog Oven Fries Potato Chips Grapes Garden Salad Dessert	<p style="text-align: right;">26</p> Fish & Tots Coleslaw Oranges Dessert	<p style="text-align: right;">27</p> Chef Salad Bran Muffin Grapes Dessert	<p style="text-align: right;">28</p> National Hamburger Day Potato Chips Watermelon Spinach Salad Dessert
<p style="text-align: right;">31</p> Center Closed for Memorial Day!	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Thank you to John Moore for making a designated donation towards our meal program for May 21. If you see him around, be sure to wish him a Happy Birthday on May 14!</p> </div>			

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.



May 2021 Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>10:30</u> <i>In-person</i> Chair Yoga w/ Kelley Rush</p>	<p>4 <u>8:45</u> Functional Yoga w/ Jennifer online <u>10:00</u> Pots and Plans <u>2:00</u> Adaptive Gardening Solutions on Zoom <u>2:00</u> Racial Equity Book Club <u>4:00</u> Chai & Chat</p> <p style="text-align: center;">GiveBIG!</p>	<p>5 <u>8:30</u> <i>In-person</i> Table Tennis <u>12:30</u> Financial Services <u>1:00</u> Painting w/ Irina on Zoom <u>2:00</u> Encompass Kinship Group on Zoom</p> <p>RIC open from Noon-4pm GiveBIG!</p>	<p>6</p> <p><u>11:00</u> <i>In-person</i> Brain Fitness (zoom available) <u>1:00</u> <i>In-person</i> Grief Support Group <u>4:00</u> Chai & Chat</p> <p>RIC open from Noon-4pm</p>	<p>7</p> <p><u>8:30</u> Virtual/ <i>in-person</i> Bastyr Appointments <u>9:00</u> <i>In-person</i> hiking group</p> <p>RIC open from Noon-4pm</p>
<p>10 <u>8:15</u> Healthy Smiles <u>9:00</u> Pet Food Available <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>10:30</u> <i>In-person</i> Chair Yoga w/ Kelley Rush <u>1:30</u> Legal Advisor Appointments <i>in-person</i></p>	<p>11 <u>8:45</u> Functional Yoga w/ Jennifer online <u>9:00</u> Cont. Café on Zoom <u>10:00</u> Pots and Plans <u>1:00</u> <i>In-person</i> Singing Group! <u>2:00</u> Racial Equity Media Group <u>4:00</u> Chai & Chat</p>	<p>12</p> <p><u>8:30</u> <i>In-person</i> Table Tennis <u>12:30</u> Financial Services <u>2:00</u> Encompass Kinship Group on Zoom</p> <p>RIC open from Noon-4pm</p>	<p>13</p> <p><u>11:00</u> <i>In-person</i> Brain Fitness (zoom available) <u>1:00</u> <i>In-person</i> Caregiver Support Group <u>4:00</u> Chai & Chat</p> <p>RIC open from Noon-4pm</p>	<p>14</p> <p><u>8:30</u> Virtual/ <i>in-person</i> Bastyr Appointments <u>8:30</u> Reflexology Appointments</p> <p>RIC open from Noon-4pm</p>
<p>17</p> <p><u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>10:00</u> <i>In-person</i> Chair Yoga w/ Kelley Rush</p>	<p>18</p> <p><u>8:45</u> Functional Yoga w/ Jennifer online <u>10:00</u> Pots and Plans <u>10:00</u> Navigating Isolation w/ Crisis Connections <u>2:00</u> Racial Equity Book Club <u>4:00</u> Chai & Chat</p>	<p>19</p> <p><u>8:30</u> <i>In-person</i> Table Tennis <u>10:00</u> Armchair Travel to France on Zoom <u>1:30</u> Make New Friends Across the Miles <u>2:00</u> Encompass Kinship Group Meetings</p> <p>RIC open from Noon-4pm</p>	<p>20</p> <p><u>11:00</u> <i>In-person</i> Brain Fitness (zoom available) <u>1:00</u> <i>In-person</i> Grief Support Group <u>4:00</u> Chai & Chat</p> <p>RIC open from Noon-4pm</p>	<p>21</p> <p><u>8:30</u> Virtual/ <i>in-person</i> Bastyr Appointments <u>9:00</u> <i>In-person</i> hiking group Noon Birthday Lunch!</p> <p>RIC open from Noon-4pm</p>
<p>24</p> <p><u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>10:30</u> <i>In-person</i> Chair Yoga w/ Kelley Rush</p>	<p>25</p> <p><u>8:45</u> Functional Yoga w/ Jennifer online <u>9:00</u> Cont. Café on Zoom <u>2:00</u> Adaptive Gardening Solutions on Zoom <u>4:00</u> Chai & Chat</p>	<p>26</p> <p><u>8:30</u> <i>In-person</i> Table Tennis <u>2:00</u> Encompass Kinship Group Meetings</p> <p>RIC open from Noon-4pm</p>	<p>27</p> <p><u>11:00</u> <i>In-person</i> Brain Fitness (zoom available) <u>1:00</u> <i>In-person</i> Caregiver Support Group <u>4:00</u> Chai & Chat</p> <p>RIC open from Noon-4pm</p>	<p>28</p> <p><u>8:30</u> Virtual/ <i>in-person</i> Bastyr Appointments <u>8:30</u> Reflexology Appointments</p> <p>RIC open from Noon-4pm</p>
<p>31</p> <p style="text-align: center;">Center Closed for Memorial Day!</p>	<div style="border: 1px dashed black; padding: 10px;"> <p>Lunch available for pick-up and delivery Monday-Friday. Call at least a day in advance to order.</p> <p>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</p> </div>			