



# November 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
<b>2</b> Sausage Tortellini Soup Buttermilk Biscuit Pears Salad Dessert	<b>3</b> Turkey Sandwich Pea Salad Apricots Dessert National Sandwich Day	<b>4</b> Chili Dogs Coleslaw Grapes Potato Chips Dessert	<b>5</b> Chicken Taco Salad Corn Muffin Cantaloupe Dessert	<b>6</b> Sloppy Joe's Garden Salad Mixed Fruit Dessert
<b>9</b> Ham & Cheese Croissant Cantaloupe Greek Salad Dessert	<b>10</b> <b>FREE Veteran's 10 Day Lunch!</b> Cheese Manicotti W/ Italian Sausage Fruit Jell-o Garlic Roll Green Beans Chocolate Lush	<b>11</b> <b>CLOSED in observance of Veteran's Day</b>	<b>12</b> <b>National French Dip Sandwich Day</b> Roast Beef Sandwich French Onion Soup Sliced Melon Broccoli Salad Dessert	<b>13</b> Chef Salad Bran Muffin Sliced Melon Dessert
<b>16</b> Hamburgers Tater Tots Oranges Green Salad Dessert	<b>17</b> Chicken Ala King Buttermilk Biscuit Spring Greens Peaches Dessert	<b>18</b> Clam Chowder Pears W/ Cottage Cheese Corn Muffin Coleslaw Dessert	<b>19</b> Meat Pizza Grapes Salad Dessert	<b>20</b> Birthday Lunch Turkey Mashed Potatoes Gravy/ Roll Green Bean Casserole Stuffing Cranberries Pumpkin Pie
<b>23</b> Sausage Rigatoni Caesar Salad Apricots Dessert	<b>24</b> White Chicken Chili Corn Muffin Coleslaw Fruit Dessert	<b>25</b> Meatloaf Green Beans Dinner Roll Baked Potato Watermelon Dessert	<b>26</b> <b>CLOSED for Thanksgiving</b> 	<b>27</b> <b>CLOSED for Thanksgiving</b> 
<b>30</b> Fish & Tots Coleslaw Oranges Dessert	<p>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.</p>			



# November 2020 Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery</p>	<p><b>3</b> <u>9:00</u> Gentle Chair Yoga online <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery <u>4:00</u> Chai &amp; Conversations</p>	<p><b>4</b> <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery <u>12:45</u> Financial Advisor <u>2:00</u> Encompass Kinship Group on Zoom</p>	<p><b>5</b> <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery <u>1:00</u> Meditation for Beginners on Zoom <u>4:00</u> Chai &amp; Conversations</p>	<p><b>6</b> <u>8:30</u> Virtual Bastyr Appointments <u>8:30</u> Reflexology Appointments <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery</p>
<p><b>9</b> <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>Noon-12:30</u> Lunch Pick-Up &amp; Delivery <u>1:30</u> Legal Advisor Appointments in-person</p>	<p><b>10</b> <u>9:00</u> Continental Café on Zoom <u>9:00</u> Gentle Chair Yoga online <u>10:00</u> Let's Grow Together, on Zoom <u>Noon-12:30</u> <b>FREE!</b> <b>Veteran's Day Lunch</b> <u>4:00</u> Chai &amp; Conversations</p>	<p><b>11</b></p> <p><b>CLOSED in observance of Veteran's Day</b></p>	<p><b>12</b> <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery <u>1:00</u> Meditation for Beginners on Zoom <u>4:00</u> Chai &amp; Conversations</p>	<p><b>13</b> <u>8:30</u> Virtual Bastyr Appointments <u>8:30</u> Reflexology Appointments <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery</p>
<p><b>16</b> <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery</p>	<p><b>17</b> <u>9:00</u> Gentle Chair Yoga online <u>10:00</u> Let's Grow Together, on Zoom <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery <u>1:00</u> NWAC Painting Class <u>4:00</u> Chai &amp; Conversations</p>	<p><b>18</b> <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery <u>1:30</u> Make New Friends Across the Miles <u>2:00</u> Encompass Kinship Group on Zoom</p>	<p><b>19</b> <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery <u>4:00</u> Chai &amp; Conversations</p>	<p><b>20</b> <u>8:30</u> Virtual Bastyr Appointments <u>Noon-12:30</u> Birthday Lunch Pick-Up &amp; Delivery</p>
<p><b>23</b> <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery</p>	<p><b>24</b> <u>9:00</u> Continental Café on Zoom <u>9:00</u> Gentle Chair Yoga online <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery <u>4:00</u> Chai &amp; Conversations</p>	<p><b>25</b> <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery <u>1:30</u> Make New Friends Across the Miles <u>2:00</u> Encompass Kinship Group Meetings</p>	<p><b>CLOSED for Thanksgiving</b></p> 	<p><b>CLOSED for Thanksgiving</b></p> 
<p><b>30</b> <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up &amp; Delivery <u>1:00</u> Book Club on Zoom</p>	<div style="border: 1px dashed black; padding: 10px;"> <p>Registration information can be found in the newsletter or at <a href="http://www.snovalleysenior.org">www.snovalleysenior.org</a>. If you have questions about participating in these programs, please email <a href="mailto:kiraa@soundgenerations.org">kiraa@soundgenerations.org</a> or call 425-333-4152</p> </div>			