



October 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
<div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: 0 auto;"> <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> </div>				
			National Homemade 1 Cookie Day! Tuna Salad Buttermilk Biscuit Grapes Dessert (Food sponsored by Karen Morod)	National Taco Day! Chicken Tacos Peaches Mixed Green Salad Dessert
5 Chicken Enchilada Casserole Refried Beans Three Bean Salad Fresh Fruit Dessert	6 National Noodle Day! Spaghetti Cesar Salad Watermelon Dessert	7 Shepard's Pie Buttermilk Biscuit Garden Salad Cantaloupe Dessert	8 Asian Chicken Salad Banana Corn Muffin Dessert	9 Meatball w/ Mushrooms Mashed Potatoes Dinner Roll Apricots Garden Salad Dessert
12 Baked Ziti Cesar Salad Garlic Roll Cantaloupe Dessert	13 Taco Salad Grapes Biscuit Dessert	14 BBQ pork Sandwich Coleslaw Peaches National Dessert Day!	15 Chicken Noodle Soup Garlic Roll Broccoli Salad Grapes	16 Birthday Lunch! Parmesan Chicken Green Beans Peaches Biscuit Birthday Cake
19 Caesar Salad W/ Grilled Chicken Bran Muffin Grapes Dessert	20 Meatloaf Baked Potato Green Beans Dinner Roll Applesauce Dessert	21 Chef Salad Corn Muffin Oranges Dessert	22 Egg Salad Sandwich Spinach Salad Sliced Melon Molasses Cookie	23 Oktoberfest Lunch Bratwurst w/ Onions & Peppers Bavarian Potato Salad Coleslaw Mixed Fruit Pretzel W/ Mustard Apple Crisp
26 Sloppy Joes Sliced Melon Garden Salad Dessert	27 Fish & Fries Coleslaw Apricots Dessert	28 Chicken Chili Corn Bread grapes Broccoli Salad Dessert	29 Ham & Swiss Croissant Spring Greens Pears Dessert	30 Chicken & Wild Rice Soup Corn Muffin Peaches Caesar Salad Dessert



October 2020

Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
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			1 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery: Food Sponsored by Karen Morod in Honor of her dad's 80th B-day <u>4:00</u> Chai & Conversations	2 <u>8:30am</u> Virtual Bastyr Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery
5 <u>8:15</u> Healthy Smiles <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery Silent Auction Bidding Opens!	6 <u>9:00</u> Continental Café on Zoom <u>9:00</u> Gentle Chair Yoga online <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	7 <u>9:00am-12:30pm</u> Flu Shot Clinic <u>10:00</u> Fraud Prevention <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>12:45</u> Financial Advisor <u>1:00</u> Nutrition & Exercise to Prevent Cancer <u>2:00</u> Encompass Kinship Group on Zoom	8 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	9 <u>8:30am</u> Virtual Bastyr Appointments <u>8:30am</u> Reflexology Appointments in-person <u>Noon-12:30</u> Lunch Pick-Up & Delivery
12 <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 & Delivery <u>1:30</u> Legal Advisor Appointments in-person	13 <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 & Delivery <u>4:00</u> Chai & Conversations	14 <u>9:00am-12:30pm</u> Flu Shot Clinic <u>10:00</u> Fraud Prevention <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>2:00</u> Encompass Kinship Group on Zoom	15 <u>10:15</u> Great Shakeout Presentation on Zoom <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	16 <u>8:30am</u> Virtual Bastyr Appointments <u>Noon-12:30</u> Birthday Lunch Pick-Up & Delivery Annual Gala & Auction Saturday, October 17
19 <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery	20 <u>8:15</u> Healthy Smiles <u>9:00</u> Gentle Chair Yoga online <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	21 <u>9:00am-12:30pm</u> Flu Shot Clinic <u>10:00</u> Fraud Prevention <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:30</u> Make New Friends Across the Miles <u>2:00</u> Encompass Kinship Group Meetings	22 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> 1st Class! Meditation for Beginners on Zoom <u>4:00</u> Chai & Conversations	23 <u>8:30am</u> Virtual Bastyr Appointments <u>8:30am</u> Reflexology Appointments in-person <u>Noon-12:30</u> Oktoberfest Lunch Pick-Up & Delivery
26 <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> Book Club on Zoom <u>1:00</u> Cancer Myths and Misconceptions	27 <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> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Conversations	28 <u>9:00am-12:30pm</u> Flu Shot Clinic <u>10:00</u> Fraud Prevention <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>2:00</u> Encompass Kinship Group Meetings	22 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> Meditation for Beginners on Zoom <u>4:00</u> Chai & Conversations	30 <u>8:30am</u> Virtual Bastyr Appointments <u>10:00am</u> Virtual Halloween Celebration! <u>Noon-12:30</u> Lunch Pick-Up & Delivery