

February 2024



Spokane Tribe of Indians

Senior Services Program Menu

(509)258-7129 (509)675-0901

1-800-789-9102

Senior Meals Tue · Wed · Thu · Fri

Congregate Served 12:00pm



Tues. Jan. 30, 24	Wed. Jan. 31, 24	Thurs. Feb. 1, 24	Fri. Feb. 2, 24
Oatmeal Yogurt & Raisins Fruit Hard Boiled Egg	Tuna & Rice Casserole w/ Veggies Fruit	Creamy Garlic Chicken w/ Green Beans over Pasta Fresh Veggies & Fruit Breadstick & Dessert	Shipwreck Stew w/ ground beef, tomato, corn, beans, celery, onion, potato Crackers & Fruit
Tues. Feb. 6, 24	Wed. Feb. 7, 24	Thurs. Feb. 8, 24	Fri. Feb. 9, 24
Bacon & Eggs Hashbrown Patty English Muffin Yogurt Fresh Veggie & Fruit	Steak Fingers Jo-Jo's Green Salad Fruit	Pork Chops Scalloped Potatoes Veggie & Fruit Pasta Salad Dessert	Taco Soup w/ beans, cheese, olives, tomatoes, chiles Tortilla Chips Fruit
Tues. Feb. 13, 24	Wed. Feb. 14, 24	Thurs. Feb. 15, 24	Fri. Feb. 16, 24
Breakfast Casserole w/ sausage, egg, hashbrown, onion, pepper Fruit & Muffin	Fish & Chips Coleslaw w/ Raisins Fruit	Hamburger Gravy over Mashed Potatoes Breadstick Fruit & Veggie Dessert	Beef Barley Soup w/ carrots, onions, celery Crackers Fruit
Tues. Feb. 20, 24	Wed. Feb. 21, 24	Thurs. Feb. 22, 24	Fri. Feb. 23, 24
No Meal Today Cooks Grocery Shopping	BLT Macaroni Salad Fruit Fresh Veggies	Tater Tot Casserole w/ Veggies Fruit Dessert	Cabbage Soup w/ sausage, onions, stewed tomatoes Roll Fruit
Tues. Feb. 27, 24	Wed. Feb. 28, 24	Thurs. Feb. 29, 24	Fri. Mar. 1, 24
Biscuits & Gravy Hashbrown Patty Fruit Fresh Veggies	Chicken Salad Sandwich w/ cranberry, celery, apple, lettuce Chips Fruit Fresh Veggies	Salisbury Steak Mashed Potatoes w/ Gravy Fruit & Veggie Dessert	Ham & Bean Soup w/ carrots, onions, celery Roll Fruit

All Meals will be served with milk

Menu subject to change