



Spokane Tribe of Indians Senior Services Program Menu



Senior Meals Tue. Wed. Thu. Fri.
Congregate served 12:00pm
(509) 258-7129 (509) 675-0901
(800) 789-9102

Tues Sept 3	Wed Sept 4	Thurs Sept 5	Fri Sept 6
<p>NO MEAL TODAY</p> <p>COOKS GROCERY SHOPPING</p>	<p>Tuna salad Sandwich</p> <p>Pickle slice</p> <p>Fresh veggie</p> <p>Fresh fruit</p>	<p>Salisbury Steak</p> <p>Mashed Potatoes & Gravy</p> <p>Veggie</p> <p>Fresh Fruit</p> <p>Dessert</p>	<p>Taco Soup</p> <p>W/ Turkey, black beans, corn, stewed tomatoes, green chiles</p> <p>Tortilla chips</p> <p>Fresh Fruit</p>
Tues Sept 10	Wed Sept 11	Thurs Sept 12	Fri Sept 13
<p>NO MEAL</p> <p>Mistequa Casino & Resort Day</p>	<p>BLT</p> <p>Bowtie Salad</p> <p>Fresh Veggie</p> <p>Fresh Fruit</p>	<p>Hamburger Gravy</p> <p>Over Mashed Potatoes</p> <p>Veggie & Whole Wheat roll</p> <p>Fresh Fruit</p> <p>Dessert</p>	<p>Chef Salad w/ the works</p> <p>Breadstick</p> <p>Fresh Fruit</p>
Tues Sept 17	Wed Sept 18	Thurs Sept 19	Fri Sept 20
<p>Denver omelet</p> <p>Casserole w/ ham, onions, peppers, potatoes</p> <p>English Muffin</p> <p>Fresh Fruit</p>	<p>Fish Sandwich</p> <p>Coleslaw w/ raisins</p> <p>Whole wheat roll</p> <p>Fresh Fruit</p>	<p>Pork Chop</p> <p>w/ baby reds</p> <p>veggie</p> <p>Fresh Fruit</p> <p>Dessert</p>	<p>Grilled Chicken Salad</p> <p>w/ corn, tortilla chips, tomatoes, onions, lettuce</p> <p>Fresh fruit</p>
Tues Sept 24	Wed Sept 25	Thurs Sept 26	Fri Sept 27
<p>Pancakes</p> <p>Sausage Link</p> <p>Yogurt</p> <p>Fresh veggie</p> <p>Fresh Fruit</p>	<p>Chicken strips</p> <p>Tator tots</p> <p>Green Salad</p> <p>Fresh Fruit</p>	<p>Baked Chicken</p> <p>Scalloped Potatoes</p> <p>Veggie & whole wheat roll</p> <p>Fresh Fruit</p> <p>Dessert</p>	<p>SENIOR CENTER</p> <p>CLOSED</p> <p>NATIVE AMERICAN DAY</p>

All meals will be served with milk

Menu subject to change

