



## Spokane Tribe Of Indians

### Senior Services Program Menu

Senior Meals Tue. Wed. Thurs. Fri.

Congregate served 12:00PM

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

(800) 789-9102



| Tues Sept 30   | Wed Oct 1  | Thurs Oct 2   | Fri Oct 3  |
|--|--|---|--|
| Oatmeal<br>Hard Boiled Egg<br>Yogurt<br>Raisins<br>Fresh Veggie<br>Fresh fruit | Club Sub on Hoagie w/<br>Lettuce, Tomato, Turkey<br>Ham, Bacon<br>Chips<br>Fresh Veggie<br>Fresh Fruit | <b>CDA Elders<br/>Luncheon<br/>No Meal Today</b>                                  | Chicken Strips<br>Tator Tots<br>Green Salad<br>Fresh Veggie<br>Fresh Fruit   |
| Tues Oct 7   | Wed Oct 8  | Thurs Oct 9   | Fri Oct 10   |
| Breakfast Parfait<br>Muffin<br>Fresh Veggie                                    | Tuna salad Sandwich on<br>Whole Wheat Bread<br>Pickle slice<br>Fresh Veggie<br>Fresh Fruit             | Chicken fried Steak<br>w/ Country Gravy<br>Veggie<br>Fresh Fruit<br>Dessert       | Taco Salad<br>w/ ground turkey, tortilla<br>chips, lettuce, tomatoes, corn,<br>onions, black beans, Salsa<br>Fresh Fruit |
| Tues Oct 14  | Wed Oct 15   | Thurs Oct 16  | Fri Oct 17   |
| Waffle<br>Sausage link<br>Yogurt<br>Fresh Veggie<br>Fresh Fruit                | Fish & Chips<br>Coleslaw<br>Raisins<br>Fresh Veggie<br>Fresh Fruit                                     | Meatloaf<br>Scalloped Potatoes<br>Veggie<br>Fresh Fruit<br>Dessert                | Cabbage Soup w/ sausage<br>Stewed Tomatoes<br>Hard Roll<br>Fresh Fruit<br>Fresh Veggie                                   |
| Tues Oct 21  | Wed Oct 22   | Thurs Oct 23  | Fri Oct 24   |
| Biscuits & Gravy<br>Hashbrown Patty<br>Fresh Veggie<br>Fresh Fruit             | Italian Meatball sub<br>On Hoagie Bun<br>Green Salad<br>Fresh Fruit                                    | Beef stroganoff<br>Over Noodles<br>Wheat Roll<br>Veggie<br>Fresh Fruit<br>Dessert | Chicken & Wild rice<br>Soup w/ Carrots<br>Onion celery crackers<br>Fresh Fruit<br>Fres veggie                            |
| Tues Oct 28  | Wed Oct 29   | Thurs Oct 30  | Fri Oct 31   |
| Minced Ham & Eggs<br>Diced Potatoes<br>Muffin<br>Fresh Veggie<br>Fresh Fruit   | Egg Salad Sandwich<br>On Whole Wheat Bread<br>Bowtie Pasta<br>Fresh Veggie<br>Fresh Fruit              | Tater tot Casserole<br>w/ veggies<br>Whole wheat roll<br>Fresh Fruit<br>Dessert   | Beef Barley Soup<br>w/ celery, carrot, onion<br>Roll<br>Fresh Veggie<br>Fresh Fruit                                      |

All meals will be  
served with milk

Menu subject to change