

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 Nov 4	Wed Nov 5	Thurs Nov 6	Fri Nov 7
Parfait Breakfast w/ works Muffin Fresh Veggie	Tuna Salad Sandwich on Whole Wheat Bread Pickle Slice Fresh Veggie Fresh Fruit	Chicken Fried Steak Mashed Potatoes w/ Country Gravy Veggie Fresh Fruit Dessert	Taco Salad w/ ground turkey, Cheese, tortilla chips, lettuce, tomatoes, corn, onions, black beans, salsa Fresh Fruit
Tues Nov 11	Wed Nov 12	Thurs Nov 13	Fri Nov 14
VETERANS DAY SENIOR CENTER CLOSED	Fish & Chips Coleslaw Raisins Fresh Fruit	Meatloaf Scalloped Potatoes Veggie Fresh Fruit Dessert	Cabbage Soup w/ sausage stewed tomatoes, veggies Hard Roll Fresh Fruit
Tues Nov 18	Wed Nov 19	Thurs Nov 20	Fri Nov 21
Minced Ham & Eggs Diced Potatoes Muffin Fresh Veggie Fresh Fruit	Italian Meatball sub on Hoagie Bun Green Salad Fresh Fruit	CLOSED MISTEQUA ELDERS THANKSGIVING DINNER	Chicken & Wild rice Soup w/ carrots onion, celery, crackers Fresh Fruit
Tues Nov 25	Wed Nov 26	Thurs Nov 27	Fri Nov 28
Biscuits & Gravy Hashbrown Patty Fresh Veggie Fresh Fruit	Native American Heritage Day Senior Center Closed	Thanksgiving Senior Center Closed	Native American Heritage Day Senior Center Closed
Tues Dec 2	Wed Dec 3	Thurs Dec 4	Fri Dec 5
Oatmeal Yogurt Cheese Stick Raisins Fresh Fruit	Soft Taco tomatoes, lettuce, cheese, salsa w/ hamburger Refried Beans Fresh Veggie Fresh Fruit	Lasagna Breadstick Veggie Fresh Fruit Dessert	Beef Barley w/ celery, carrot, onion Hard Roll Fresh Fruit

All meals will be
served with milk

Menu subject to change