



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 DEC 2	WED DEC 3	THURS DEC 4	FRI DEC 5
OATMEAL YOGURT CHEESESTICK RAISINS FRESH FRUIT & VEGGIE	SOFT TACO W/HAMBURGER, TOMATOES, LETTUCE, CHEESE, SALSA REFRIED BEANS FRESH FRUIT & VEGGIE	LASAGNA BREADSTICK VEGGIE DESSERT FRESH FRUIT	BEEF BARLEY SOUP W/CELERY, CARROTS, ONIONS HARD ROLL FRESH FRUIT
TUES DEC 9	WED DEC 10	THURS DEC 11	FRI DEC 12
BREAKFAST PARFAIT W/ THE WORKS MUFFIN FRESH VEGGIE	TUNA SALAD SANDWICH WHOLE WHEAT BREAD PICKLES FRESH FRUIT & VEGGIE	CHICKEN FRIED STEAK MASHED POTATOES W/COUNTRY GRAVY VEGGIE DESSERT & FRESH FRUIT	TACO SALAD W/ GROUND TURKEY, TORTILLA CHIPS, LETTUCE, TOMATOES, CORN, ONIONS, BLACK BEANS, SALSA FRESH FRUIT
TUES DEC 16	WED DEC 17	THURS DEC 18	FRI DEC 19
BISCUITS & GRAVY HASHBROWN PATTY FRESH VEGGIE FRESH FRUIT	ELDER'S CHRISTMAS DINNER @ SENIOR CENTER -NO DELIVERIES-	SPOKANE TRIBAL EMPLOYEE'S APPRECIATION DAY -NO MEALS TODAY-	CABBAGE SOUP W/ SAUSAGE, STEWED TOMATOES, CARROTS, & ONIONS HARD ROLL FRESH FRUIT
TUES DEC 23	WED DEC 24	THURS DEC 25	FRI DEC 26
MINCED HAM & EGGS DICED POTATOES MUFFIN FRESH VEGGIE FRESH FRUIT	HAPPY HOLIDAYS SENIOR CENTER CLOSED	CHRISTMAS SENIOR CENTER CLOSED	HAPPY HOLIDAYS SENIOR CENTER CLOSED
TUES DEC 30	WED DEC 31	THURS JAN 1	FRI JAN 2
WAFFLE SAUSAGE LINKS YOGURT FRESH VEGGIE FRESH FRUIT	EGG SALAD SANDWICH WHOLE WHEAT BREAD BOWTIE PASTA SALAD W/VEGGIES FRESH FRUIT	NEW YEAR'S DAY SENIOR CENTER CLOSED	CHICKEN & WILD RICE SOUP W/CARROTS, ONIONS, CELERY CRACKERS FRESH FRUIT

All Meals will be served
with milk

Menu subject to change