

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. 29	Wed. Sept. 30	Thurs. Oct. 1	Fri. Oct. 2
Breakfast Parfait English Muffin Cheese Stick Fresh Veggie	Egg Salad Sandwich Chips Fresh Veggie Fresh Fruit	Bacon Burger w/ Lettuce, Onion, Tomato Potato Salad Fresh Fruit Dessert	Chicken/Rice Bowl w/ Corn, Peppers, Onion, Tomatoes, Cilantro, Lime Sour Cream Sauce Fresh Fruit
Tues. Oct. 6	Wed. Oct. 7	Thurs. Oct. 8	Fri. Oct. 9
Waffle Sausage Links Yogurt Fresh Veggie Fresh Fruit	Chicken Salad Sandwich w/ Apples & Cranberries on Whole Wheat Bread Fresh Veggie Chips & Fresh Fruit	Pork Chops Scalloped Potatoes Veggie Whole Wheat Roll Dessert & Fruit	Cabbage Soup w/ Kielbasa & Stewed Tomatoes & Veggies Hard Roll Fresh Fruit
Tues. Oct. 13	Wed. Oct. 14	Thurs. Oct. 15	Fri. Oct. 16
Minced Ham & Eggs Diced Potatoes English Muffin Fresh Veggie Fresh Fruit	Fish Sandwich Jo-Jo's Coleslaw Raisins Fresh Fruit	Meat Loaf Mashed Potatoes Veggie Fresh Fruit Dessert	Creamy Vegetable Soup w/ Cauliflower, Broccoli, Corn, Onions, Carrots Bacon Farm Roll & Fresh Fruit
Tues. Oct. 20	Wed. Oct. 21	Thurs. Oct. 22	Fri. Oct. 23
Biscuits & Gravy Hashbrown Patty Yogurt Fresh Veggie Fresh Fruit	Soft Taco w/ Burger Lettuce, Tomatoes, Onion, Cheese, Salsa Refried Beans Tator Tots Fresh Fruit	Stew Meat Dumplings w/ Veggies Roll Fresh Fruit Dessert	Turkey Sub w/ Bacon & Provolone / Hoagie Bun Chips Fresh Veggie Fresh Fruit
Tues. Oct. 27	Wed. Oct. 28	Thurs. Oct. 29	Fri. Oct. 30
Breakfast Bowl w/ Sausage Bacon, Ham, Eggs, Baby Reds, Onion, Peppers Muffin & Fruit Fresh Veggie	Chicken & Swiss Sandwich Green Salad Chips Fresh Fruit	Spaghetti & Meatballs Veggies Breadstick Fresh Fruit Dessert	Beef Stew w/ Onions Potatoes, Carrots, Celery Frybread Fresh Veggie Fresh Fruit

All meals will be served with milk

Menu Subject to change