

August 2018 Title VI Menu and Activities

Monday	Tuesday Bird Day	Wednesday	Thursday Fish Day	Friday
<p>Congregated meals are served with Salad Bar. Mon – Thurs. 11:30 to 12:30. Menu Subject to Change Without Notice Breakfast served Friday's 8:30-9:30am</p>	<p>If you care for a Frail Elder & disabled child 24/7 an need a break you can hire a person to relieve you so that you can take time for yourself ask about the Caregiver Program</p>	<p>1 Pork and Hominy Green Beans Boiled Potato Fry Bread Apple 2% Milk</p>	<p>2 Tuna Fish on Toast W/ lettuce, tomato &, Pickles. Beets Fruit Cups 2% Milk loway Casino Day 10AM – 1PM No specials before or After Sacks Meals</p>	<p>3 Waffle Berry Mix Bacon 2% Milk SHOPPING DAY</p>
<p>6 Spaghetti Garlic Bread Salad Tropical Fruit 2% Milk</p>	<p>7 Chicken nuggets Mashed Potatoes W/Gravy Corn Chocolate pudding 2% Milk</p>	<p>8 Meat loaf Scalloped potatoes Capri Blend Surprise Fluff 2% Milk</p>	<p>9 Coconut Shrimp Coleslaw Hushpuppies Fruit Cup 2% Milk Sack Meals</p>	<p>10 Biscuits and Gravy Ham Slice Tomato Slices Cranberry Juice 2% Milk CIMARRON CASINO DAY 10AM -1PM No specials before or After</p>
<p>13 Steak Fingers Mashed potatoes W/Gravy Winter Blend Cinnamon Apples 2% Milk</p>	<p>14 Chicken Enchilada Ravioli Salad Spanish Rice Apricots 2% Milk</p>	<p>15 Hamburger Steak w/Grilled Onions Scalloped Potatoes Grilled Veggie Blend Cookie 2% Milk</p>	<p>16 Tuna Casserole Veggie Blend Salad Pineapple chunks 2% Milk Sack Meals</p>	<p>17 Cold Cereal Sausage Strawberries 2% Milk SAC -&- FOX TAILGATE CHENA BUILDING</p>
<p>20 Baked Manicotti Italian Blend Salad Garlic Bread Cheese Cake with Strawberries 2% milk</p>	<p>21 Grilled Chicken Breast Wild Rice Spinach Cake 2% Milk</p>	<p>22 Steam Fry Mixed Veggies Salad Fry Bread Peaches 2% Milk</p>	<p>23 Shrimp Fettucine Alfredo Capri Blend Apple Sauce 2% Milk Sack Meals</p>	<p>24 English Muffin Egg Sausage Sandwich Tomato Slices 2% Milk</p>
<p>27 Beef Tamales Roasted corn and Beans Spanish rice Cinnamon Peaches 2%Milk</p>	<p>28 Chicken Chef Salad Crackers Croutons Bananas 2% Milk Sack Meals</p>	<p>29 Movie Day!!! 1pm Movie Chena Snacks Served</p>	<p>30 Baked Catfish Hush puppies Coleslaw Mandarin Oranges 2% Milk Sack Meals</p>	<p>National Immunization Awareness Month And Medic Alert Awareness Month</p>

REMINDER: CALL BEFORE 10 AM IF YOU ARE NOT GOING TO BE HOME FOR HOMEBOUND MEALS!!!! WE WILL THROW YOUR MEALS AWAY. PLEASE DO NOT WASTE THE MEALS BY NOT CALLING.