

AUGUST 2017 MENU & ACTIVITIES

MONDAY	TUESDAY CHICKEN	WEDNESDAY	THURSDAY FISH	FRIDAY
<p>Menu Subject to change without Notice</p> <p>If your name is not on the Casino list you will not get specials call 405-547-5407</p>	<p>1 Chicken Chunks Mashed Potatoes/G Caribbean Blend Peaches 2% Milk</p>	<p>2 Meat Pie Green Beans Salad Orange 2% Milk</p>	<p>3 Iowa Casino Day Tuna Fish on Lettuce/Crackers 3-Bean Salad Macaroni Salad Fruit Cocktail 2% Milk</p>	<p>4 Cream of Wheat Sausage Patties Buttered Toast Strawberries 2% Milk</p> <p>Caregiver Luncheon 12-1:30</p>
<p>7 Pork Chops Wild Rice Mushroom Gravy Oregon Medley Pineapple Chunks 2% Milk</p>	<p>8 Chicken Alfredo Winter Blend Salad Strawberry Cheese Cake Garlic Bread 2% Milk</p>	<p>9 Meat Loaf Mashed Potatoes w/ gravy Carrot Coins Wheat Rolls Plums 2% Milk</p>	<p>10 Seasoned Catfish Coleslaw Potato Wedges Yogurt 2% Milk</p>	<p>Cimarron Casino Day Bacon Scrambled Eggs Hash browns Biscuit & Gravy Cranberry Juice 2% Milk</p>
<p>14 Steak Fingers Mashed Potatoes w/ Gravy Imperial Summer Blend Tropical Fruit Jello Salad 2% Milk</p>	<p>15 Chicken Fajitas Refried Beans Spanish Rice Brownie 2% Milk</p>	<p>16 Pork Steam Fry Ranch Salad Boiled Potato Fry Bread Apple 2% Milk</p>	<p>17 Tuna Casserole Pacific Blend Cucumber Salad Chocolate Cake w/Ice cream 2% Milk</p>	<p>18 Sac & Fox Tailgate Ham Poached Eggs Buttered Toast Sliced Tomatoes Orange Juice 2% Milk</p>
<p>21 Spaghetti w/ Meat Sauce Italian Blend Garden Salad Garlic Toast Mandarin Oranges 2% Milk</p>	<p>22 Grilled Chicken Breast Scalloped Potatoes California Blend Peach Crisp Wheat Bread 2% Milk</p>	<p>23 Goulash Salad Garlic Bread Pineapples 2% Milk</p>	<p>24 Parmesan Tilapia Caribbean Blend Tater Tot Casserole Apple 2% Milk</p>	<p>25 Oatmeal Sausage Links Bagel w/Cream Cheese Fresh Fruit Mix 2% Milk</p>
<p>28 Sloppy Joes w/ buns Salad Potato Salad Cinnamon Apples Milk</p>	<p>29 Chicken-n-Noodle Garden Salad 5 Way Mixed Veggies Cream Corn Bread Peaches 2% Milk</p>	<p>30 Hot Meat Salad Asparagus Fry Bread Grape Dumplings 2% Milk</p>	<p>31 Medicare Presentation Whitecloud starting at 10-2 Presenter from PFC & Medicare Assistance Program Oklahoma Insurance Department Lunch Served</p>	<p>Caregiver Program for someone who needs help when you're the one taking care of a frail elder or Disabled child 24/7. Call 547-5407.</p>