

January 2018 MENU & ACTIVITIES

MONDAY	TUESDAY CHICKEN	WEDNESDAY	THURSDAY FISH	FRIDAY
<p>1 All Tribal Offices Closed</p> <p><i>HAPPY NEW YEAR</i></p>	<p>2 Chicken Chunks Mashed Potatoes Gravy Caribbean Blend Peaches 2% Milk</p>	<p>3 Meat Loaf Peas & Carrots Roasted Potatoes Plums 2% Milk</p>	<p>4 Iowa Casino Day Tuna Fish on Lettuce/Crackers 3-Bean Salad Macaroni Salad Fruit Cocktail 2% Milk Sack Breakfast</p>	<p>5 Caregiver Support Group 9:00-10:00am Refreshments Breakfast served regular time</p>
<p>8 Pork Chops Wild Rice Mushroom Gravy Oregon Medley Pineapple Chunks 2% Milk</p>	<p>9 Chicken Alfredo Winter Blend Salad Strawberry Cheese Cake Garlic Bread 2% Milk</p>	<p>10 Meat Pie Green Beans Salad Orange 2% Milk</p>	<p>11 Seasoned Catfish Coleslaw Potato Wedges Yogurt 2% Milk Sack Breakfast</p>	<p>12 Cimarron Casino Day Cereal with Strawberries Bacon 2% Milk</p>
<p>15 All Tribal Offices Closed Martin Luther King Day</p>	<p>16 Chicken Fajitas Refried Beans Spanish Rice Brownie 2% Milk</p>	<p>17 Movie Day at Chena 2-4 Snacks Served Goulash Salad Tuscany Blend Pineapples 2% Milk</p>	<p>18 Tuna Casserole Pacific Blend Cucumber Salad Carrot Cake 2% Milk Sack Breakfast</p>	<p>19 Sac & Fox Tailgate Ham Poached Eggs Buttered Toast Sliced Tomatoes Orange Juice 2% Milk</p>
<p>22 Spaghetti w/ Meat Sauce Italian Blend Garden Salad Garlic Toast Mandarin Oranges 2% Milk</p>	<p>23 Chicken-n-Noodle Garden Salad 5 Way Mixed Corn Bread Peaches 2% Milk</p>	<p>24 Beef Steam Fry Ranch Salad Boiled Potato Fry Bread Apple 2% Milk</p>	<p>25 Parmesan Tilapia Caribbean Blend Tater Tot Casserole Apple 2% Milk Sack Breakfast</p>	<p>26 Oatmeal Sausage Links Bagel w/ Cream Cheese Fresh Fruit Mix 2% Milk</p>
<p>29 Sloppy Joes w/ buns Salad Potato Salad Cinnamon Apples 2% Milk</p>	<p>30 Grilled Chicken Breast Scalloped Potatoes California Blend Peach Crisp Wheat Bread 2% Milk</p>	<p>31 Beef Stew Salad Asparagus Corn Bread Orange 2% Milk</p>	<p>Menu Subject to change without Notice</p>	<p>Caregiver Program for someone who is home taking care of a frail elder or Disabled child 24/7 Call 547-5407.</p>