



May Menu & Activities 2017



Monday	Tuesday Bird Day	Wednesday	Thursday Fish Day	Friday
1 Beef Brisket w/BBQ Sauce on the side Brown Beans Potato Salad Texas Bread Slice Apple 2% Milk	2 Chicken Casserole Vegetable Blend Fruit Cocktail 2% Milk	3 Beef Corn Soup Capri Blend Salad Fry Bread Fresh Orange 2% Milk	4 Blackened Tilapia on Wild Rice Asparagus Salad Peach Crisp 2% Milk IOWAY CASINO DAY 10AM-1PM NO SPCEIALS BEFORE OR AFTER	5 Sausage Patties Scrambled Eggs Hash browns Biscuit w/ Gravy Tomato Slices Apple Juice 2% Milk
8 Spaghetti w/Meat Sauce Italian Blend Salad Garlic Toast Cheese Cake 2% Milk	9 BBQ Chicken Ranch Style Beans Coleslaw Mandarin Oranges 2% Milk	10 Hamburgers Steak w/Grilled Onions Mashed Potatoes w/Gravy Winter Blend Peanut Butter Cookie 2% Milk	11 Tuna Casserole Prince Edward Blend Tomato Salad Sweet Loaf Bread 2% Milk	12 Breakfast Casserole w/Salsa Grape Juice 2% Milk CIMARRON CASINO DAY 10AM -1PM NO SPECIALS BEFORE OR AFTER
15 Breaded Baked Pork Chops Scalloped Potatoes Green Beans Carrot Cake 2% Milk	16 Chicken Salad in Spinach Wrap w/ Lettuce & Tomatoes Low Fat Cottage Cheese w/Pineapple 2% Milk	17 Indian Taco w/ SC, Let., Tom., Onions, Guacamole & Salsa Strawberry Fluff 2% Milk	18 Steak Fingers Mashed Potatoes Gravy Tuscany Blend Wheat Roll Banana Pudding 2% Milk	19 Grits Bacon Bananas Tomato Juice 2% Milk SAC-& FOX TAILGATE CHENA BUILDING
22 Soft Beef Tacos Roasted Black Beans & Corn Salad Strawberry Short Cake 2%Milk	23 Crispy Baked Chicken w/ Gravy Wild Rice Capri Blend Strawberry Poke Cake 2% Milk	24 Hot Turkey Subs w/Swiss Cheese Potato Salad 3-Bean Salad Peanut Butter Cookies 2% Milk	25 Breakfast for Lunch 11:30-12:30 Omelets with Bacon or Sausage Tomatoes, Onions, Mushrooms, Pepper, Blk Olives w/Salsa Cranberry Juice 2% Milk	26 Elders Memorial Dinner 11:00 to 1:00 Travel to the Cemetery to place flags on Military graves after lunch
29 Title VI and Iowa Tribal Complex will be closed for Memorial Day	30 Chicken Chili Nachos w/ Lettuce, Tomatoes, Onions, SC, Salsa & Guacamole Spanish Rice Refried Beans Cinnamon Peaches 2% Milk	31 Pork n Hominy Potato Salad Green Beans Apple 2% Milk	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	If you care for a Frail Elder & need a break you can hire a person to relieve you so that you can take time for yourself Caregiver Program