




JULY 2017

405-547-5407



MONDAY	TUESDAY	WEDNESDAY	THURSDAY (Fish Day)	FRIDAY	SATURDAY	SUNDAY
3/ Grilled Smoked Sausage Ranch Style Beans Cream Cheese Corn Raisin Oatmeal Peach Crisp 2% Milk	 ALL TRIBAL OFFICES WILL BE CLOSED	5/ Indian Taco w/ all the trimmings Fry Bread Apple 2% Milk	6 Seasoned Tilapia on Wild Rice Grilled Vegetables Pineapple Coconut Cookie Tart 2% Milk SACK BREAKFAST Title VI Ioway Casino Specials 10am – 1	7/ Cream of Wheat Wheat Toast Boiled Eggs Apricots 2% Milk Shopping Trip Day STW 10-2 Lunch on your own	8	9
10/ Chicken Nachos w/ Black Beans and all the trimmings Refried Beans Cinnamon Raisin Apples 2% Milk	11/ Beef Stroganoff California Blend Salad Jello w/Fruit 2 % Milk	12/ Grilled Angus Burgers w/ all trimmings Broccoli Salad Cool Whip Salad 2% Milk	13/ Tuna Fish Toast w/ Let & Tom. Baked Chips Apple Sauce Cake 2% Milk SACK BREAKFAST	14/ Corn Flakes w/Strawberries Sausage Links Tomato Juice 2% Milk Title VI Cimarron Casino Specials 10am-1pm	15	16
17/ Turkey Enchilada Black Beans Salad Cherry Pie 2% Milk	18/ Breaded Chicken Breast Key Largo Salad Peaches 2% Milk	19/ Pork-n-Hominy Boiled Potatoes Green Beans Fresh Cantaloupe 2% Milk	20/ Salmon Patties Pacific Blend Coleslaw Pears 2% Milk SACK BREAKFAST	21/ Ham Slice Eggs to order Biscuits & Gravy Hash Browns Sliced Tomatoes 2% Milk//Orange Juice Sac & Fox Tailgate	22/	23/
24/ Pot Roast New Potatoes Brussels Sprout Wheat Rolls Apple Pie 2% Milk	25/ Oven Fried Chicken Potatoes, Turnips, Onions & Carrots Salad Tropical Fruit Salad 2% Milk	26/ Meatloaf Green Beans Scallop Potatoes Pears Garlic Bread 2% Milk	27/ Catfish, Carrot Coins Oven Fries Strawberry Angel Cake 2% Milk SACK BREAKFAST	28/ Oatmeal Raisin Pancakes Bacon Fresh Fruit Cup V-8 Juice/2% Milk	29/	30/
31/ BBQ Pulled Pork Sandwiches Brown Beans Baked Chips Cream Cheese Cup 2% Milk	Caregiver Contracts available for Frail Elders to hire a Respite worker. Call 547-5407	Menu Subject To CHANGE Without Notice TITLE VI 405-547-5407	Name must be on Casino List to get specials, sign up at Whitecloud or call to be put on list.	Thursday Sack Breakfast Days for Homebound Elders need to call if not home, Please		