
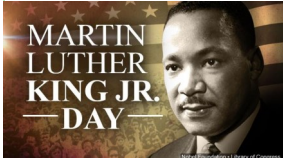


# Quileute Senior Menu

# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Happy New Year!	2. Beef Stew Green salad Mixed fruit Biscuits	3. Beef gravy over pasta Green beans Bread and Pears	4. <b>BRUNCH</b>
7. Baked potato Bar Green salad, Bread,	8. Chicken rice soup, tuna sandwich on wheat bread, green salad, banana	9. Pork chops green beans, stuffing, applesauce	10. Soft taco, meat, cheeses, salsa, sour cream, green salad, pears	11. BRUNCH BINGO at 12 
14. Meat balls, gravy mashed potato mixed veggies, salad pears	15. Teriyaki chicken, rice, peas, salad, applesauce	16. Lasagna, Caesar Salad, pineapple, bread	17. Chef salad , ham ,turkey, eggs, cheese, olives, beets, green onion,	18. <b>BRUNCH</b>
	22. Meat loaf mashed potatoes green beans peaches	23. Chicken sandwich , carrot salad, Cole slaw, Baked beans	24. Hamburger gravy over rice, corn /peas, bread, oranges	25. <b>BRUNCH</b>
28. Hamburger soup, green salad, Biscuit, pears	29. Baked chicken ,rice green beans, applesauce	30. Hamburger steaks ,corn, mashed red potato's, mandarin oranges	31. Spaghetti, green salad, bread, mixed fruit	

*Real RDN, CO*

All meals are served with coffee, tea , milk and water. Meals are free for elders, elder spouses, and volunteers (with approval). **Guests must pay the \$10.00 cost per meal.**

Menu items are subbed with fresh fish or wild game, when possible.