



# Quileute Senior Menu

# March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Real RDN, CO</i></p>				<p><b>1. BRUNCH</b></p> <p>Elders Sign up for nutrition home visits, call 374-6040</p>
4. Hamburger soup green salad, roll peaches	5. Beef Stroganoff green beans , pears	6. Teriyakii Chick- en sandwich , car- rot salad, Cole slaw, Baked beans ,oranges	7. soft tacos, meat, cheeses, salsa, sour cream, green salad, pears, tortilla	<p><b>8. BRUNCH</b></p> <p>BINGO at 12</p> 
11. Spaghetti, green salad, bread, mixed fruit	12. chicken rice soup egg salad sandwich, green salad, applesauce	13 .Hamburger dips potato salad, green salad , or- anges	14. Broccoli Chick- en, rice , mandarin oranges ,egg roll	15. Brunch
18. Chili beans, Hot Dog ,on a bun green salad, pine- apple,	19. Meat balls, gravy mashed potato mixed veggies, sal- ad pears	20. . Baked pota- to bar, sour cream, broccoli, Bacon bits , mixed fruit, salad	21 Turkey Gravy, Mashed potato, mixed vegetable, wheat roll, fruit sal- ad	22. BRUNCH 
25. Hamburger patty gravy, rice, corn /peas, bread, oranges	26. Baked chick- en ,rice green beans, applesauce	27. Chefs salad, pizza, green salad, pineapple	28. Fish soup, green salad, bread, peach- es	29. Brunch



All meals are served with coffee, tea and water. Milk

Meals are free for elders, elder spouses, and volunteers (with approval).

Sugar free/ reg desserts are offered

**Guests must pay the \$10.00 cost per meal.**

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