



Nisqually Elders menu (360)486-9546
Va & Titan, Cooks

AUGUST 2019

menu subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Green Salad & Milk Everyday. Wheat Bread as Needed.			1 Salmon Brown Rice Green Beans Fresh Fruit	2 Veg. Barley Soup Tuna Salad Wheat Bread Fresh Fruit	3
4	5 Swedish Meatballs Egg Noodles Glazed Carrots Jello/Fruit	6	7 Ham Hock w/ Lima Beans Roasted Kale Fresh Fruit	8 Sausage & Sauerkrauts Oven Potatoes Green Beans Fresh Fruit	9 French Dip Sandwich Au Jus Potato Salad Fresh Fruit	10
11	12 Roast Turkey Mashed Potatoes Roasted Veggies Jello/Fruit	13	14 Pulled Pork Wheat Bun Coleslaw Fresh Fruit	15 Oven Fried Chicken Green Beans Brown Rice Fresh Fruit	16 Beef Stir Fry Brown Rice Fresh Fruit	17
18	19 Yankee Pot Roast Red Potatoes Peas & Carrots Jello/Fruit	20	21 Italian Chicken Pasta Roasted Veggies Fresh Fruit	22 Meatloaf Mashed Potatoes Garden Veggies Fresh Fruit	23 Smoked Salmon Chowder Egg Salad Sandwich Fresh Fruit	24
25	26 Beef Stroganoff Buttered Noodles Veggie Blend Jello/Fruit	27	28 Pork Schnitzels Mashed Potatoes Fried Cabbage Fresh Fruit	29 Ham, Biscuit, Sausage Gravy, Breakfast Potatoes, Fresh Fruit	30 Coconut Chicken Sweet potatoes Sautéed Spinach Fresh Fruit	31