



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

AUGUST 2017

menu subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Green Salad & Milk Everyday. Wheat Bread as Needed.	1	2 Sausage & Sauerkraut Oven Potatoes Green Beans Fresh Fruit	3 Baked Walleye Fish Brown Rice Pilaf Succotash Fresh Fruit	4 Pulled Pork Sandwich Coleslaw Fresh Fruit	5
6	7 Tuna Casserole Broccoli Spears Wheat Bread Pears/Cottage Cheese	8	9 BBQ Oven Chicken Red Beans Cornbread Fresh Fruit	10 Stuffed Peppers Brown Rice Roasted Veggies Fresh Fruit	11 Roast Turkey Mashed Potatoes Peas & Carrots Fresh Fruit	12
13	14 Salmon Wild Rice Pilaf Green Beans Jello/Fruit	15	16 Yankee Pot Roast Potato Medley Broccoli/Cauliflower Fresh Fruit	17 Italian Chicken w/Noodles Roasted Veggies Garlic Bread Fresh Fruit	18 Beef Fajitas Tortillas Brown Rice w/Beans Fresh Fruit	19
20	21 Panko Crusted Cod Baked Yams Garden Vegetables Fruit / Jello	22	23 Spaghetti w/ Meat Sauce Roasted Veggies Wheat Bread Fresh Fruit Salad	24 Ham Hock w/Lima Beans Wilted Spinach Cornbread Muffins Fresh Fruit	25 Hot Beef Sandwich Vegetable Soup Fresh Fruit	26
27	28 Meatloaf Mashed Potatoes Veggie Blend Jello/Fruit	29	30 Kalua Pork Cabbage Sticky Rice Fresh Fruit	31 Ham Combo Scramble Scrambled Eggs Oven potatoes Fresh fruit		