



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

AUGUST 2018

menu subject to change

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