

January 2019 MENU & ACTIVITIES

MONDAY	TUESDAY CHICKEN	WEDNESDAY	THURSDAY FISH	FRIDAY
Menu Subject to change without Notice	1 All Tribal Offices Closed <i>HAPPY NEW YEAR</i>	2 Meat Loaf Peas & Carrots Roasted Potatoes Plums 2% Milk	3 Iowa Casino Day Tuna Fish on Lettuce/Crackers 3-Bean Salad Macaroni Salad Fruit Cocktail 2% Milk Sack Breakfast or TV Dinner	4 Sausage, Egg & Cheese Biscuit Juice 2% Milk Shopping in Stillwater
	7 Pork Chops Wild Rice Mushroom Gravy Oregon Medley Chocolate Pudding 2% Milk	8 Chicken Alfredo Winter Blend Salad Strawberry Cheese Cake Garlic Bread 2% Milk	9 Corn Soup California Blend Salad w Dressing Apple 2% Milk	10 Seasoned Catfish Coleslaw Potato Wedges Yogurt 2% Milk Sack Breakfast or TV Dinner
14 Steak Fingers Mashed Potatoes w/ Gravy Imperial Summer Blend Tropical Fruit Jello Salad 2% Milk	15 Chicken Chunks Mashed Potatoes Gravy Caribbean Blend Peaches 2% Milk	16 Goulash Salad Tuscany Blend Pineapples 2% Milk	17 Tuna Casserole Pacific Blend Cucumber Salad Carrot Cake 2% Milk Sack Breakfast or TV Dinner	18 Sac & Fox Tailgate Ham Poached Eggs Buttered Toast Sliced Tomatoes Orange Juice 2% Milk
21 Closed for MARTIN LUTHER KING DAY	22 Chicken-n-Noodle Garden Salad 5 Way Mixed Corn Bread Pineapples 2% Milk	23 Beef Steam Fry Ranch Salad Boiled Potato Fry Bread Orange 2% Milk	24 Parmesan Tilapia Caribbean Blend Tater Tot Casserole Apricots 2% Milk Sack Breakfast or TV Dinner	25 Oatmeal Sausage Links Bagel w/ Cream Cheese Fresh Fruit Mix 2% Milk Shopping in Stillwater
28 Sloppy Joes w/ Buns Salad Potato Salad Apple Rings 2% Milk	29 Grilled Chicken Breast Scalloped Potatoes California Blend Peach Crisp Wheat Bread 2% Milk	30 Beef Stew Salad Corn Bread Apple 2% Milk	31 January Birthday Party Day Lunch at 11:30 Finger foods, cake, ice cream & drinks.	Caregiver Program for someone who is home taking care of a frail elder or Disabled child 24/7 Call 547-5407.