

TITLE VII 405-547-5407

OCTOBER MENU & ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatballs with Marinara Capri Blend Garlic Toast Peaches	4 Tater Tot Casserole Carrots Salad Apricots	5 Chicken Nachos with all the trimmings Black Beans Spanish Rice SF Cheesecake VETERANS RESOURCE FAIR 11AM-1PM	6 Salmon Cakes Rice Pilaf Coleslaw Pudding	7
10 TRIBAL OFFICES CLOSED IN OBSERVANCE OF INDIGENOUS PEOPLES' DAY 	11 Chopped BBQ Sandwich Potato Salad Tomatoes with Italian SF Cookies	12 Burrito Supreme Black Beans Salad Berry Tart	13 Parmesan Tilapia Scalloped Potatoes Cape Cod Blend Pears	14 ONLY ON MONDAY <ul style="list-style-type: none"> • House Cleaning • Shopping • Transportation Medication Pick Up
17 Chicken Enchilada Bake Refried Beans Salad Cinnamon Fruit	18 Meatloaf Mashed Potatoes & Gravy Green Beans Can Fruit	19 Beef Stroganoff California Blend Salad Carrot Cake	20 Tuna Fish on Wheat Bread with Lettuce and Tomatoes Beets 3-Bean Salad Lemon Bars	21 Lawn Mowing Call for Details
24 Chicken Tenders New Potatoes with Gravy Veggie Blend Apple Tarts	25 Angus Burgers Pork N Beans Cucumber Salad SF Jello Cup	26 Lasagna Italian Blend Salad Garlic Bread Tiramisu	27 Baked Catfish Macaroni Salad Coleslaw Brownies	28 CIMARRON CASINO DAY 10AM-1PM Must Sign Up & Be Active in Program to Attend
31 Smoked Sausage On a Bun Ranch Beans Baked Lays Fruit Cocktail HAPPY HALLOWEEN	 Lunch LUNCH SERVED Monday-Thursday 11:30AM-12:30PM MENU IS SUBJECT TO CHANGE WITHOUT NOTICE			

