


TITLE VII | 405-547-5407

NOVEMBER MENU & ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Salad on bed of Lettuce with Tomatoes Chips Cottage Cheese Dessert	2 Beef & Corn Soup Green Beans Boiled Potato Fry Bread Dessert WELLNESS & HEALTH 11AM-1PM	3 Oven Fried Fish Tater Tots Mac & Tomatoes Dessert	
7 Roast Beef New Potatoes Gravy Spinach Dessert	8 Chicken N Rice Soup Salad Cornbread Dessert	9 Meat Loaf Mashed Potatoes Gravy California Blend Dessert BLOOD PRESSURE CLINIC 11AM-1PM	10 THANKSGIVING LUNCH Elders plus Caregiver	11 TRIBAL OFFICES CLOSED IN OBSERVANCE OF VETERANS DAY
14 Stir Fried Vegetables Salad Dessert	15 White Cheese Chicken Lasagna Italian Vegetables Dessert ROCK YOUR MOCS	16 Stuffed Bell Peppers Capri Blend Dessert BLOOD PRESSURE CLINIC 11AM-1PM	17 Tuna Salad Wheat Berry Bread Salad Macaroni Salad Dessert	
21 Pork Chops Wild Rice with Mushroom Gravy Vegetable Blend Dessert	22 Cheesy Chicken Soup Salad Cornbread Dessert	23 OFFICE DAY TITLE VI CLOSED	24 CLOSED FOR <i>Thanks Givin'</i>	25 CLOSED FOR <i>Thanks Givin'</i> 
28 Beef Stroganoff Capri Blend Turnip Greens Dessert	29 Chicken Strips Mashed Potatoes Gravy Green Beans Dessert	30 Beef Kabobs Corn on the Cob Coleslaw Dessert BLOOD PRESSURE CLINIC 11AM-1PM	LUNCH SERVED Monday-Thursday 11:30AM-12:30PM MENU IS SUBJECT TO CHANGE WITHOUT NOTICE 