

# Bishop Elders Title VI Food Program

## September 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Holiday Closure – Labor Day</b> <b>Tribal Offices and Elders Center will be CLOSED.</b> <b>No meals will be served.</b>	<b>3</b> Chorizo and Egg Bell Peppers Corn Tortilla Cantaloupe 8 oz. Milk	<b>4</b> Chicken Stir Fry Asian Vegetables (Green Beans, Red Onion, Mushrooms and Broccoli) Brown Rice Orange Wedges 8 oz. Milk	<b>5</b> Shrimp with Angel Hair Pasta (Served Hot) Steamed Broccoli Pear 8 oz. Milk  <i>Book Club at 1pm</i>	<b>6</b> Baked Chicken Macaroni Salad French Green Beans with Bacon Watermelon 8 oz. Milk
<b>9</b> Shepard's Pie (Ground Beef, Mashed Potatoes, Carrots, Celery, Peas and topped with Cheese) Grapes 8 oz. Milk  <i>ROSS Program at the Elders during Lunch</i>	<b>10</b> Chili Beans Cornbread Coleslaw Apple 8 oz. Milk  <i>Grief and Loss Presentation with Family Services at 12:30pm to 1:30pm</i>	<b>11</b> Scrambled Eggs Country Potatoes, Pork Sausage Patty Steamed Asparagus Wheat Toast & Fruit Salad (Watermelon, Cantaloupe and Strawberries)/ 8 oz. Milk  <i>Elders Talking Circle 10am</i>  <i>Elders Advisory Board Regular Mtg. at 12pm</i>	<b>12</b> Chicken Spinach Pasta Salad Garlic Dressing Wheat Roll Banana Pudding with Bananas / 8 oz. Milk <i>Fall Prevention and Pharmacy Meds Check for Elders at 12:30pm to 1:30pm</i>	<b>13</b> Ham Scalloped Potatoes Steamed Broccoli Wheat Roll *Pineapple Chunks and Cottage Cheese 8 oz. Milk
<b>16</b> Egg Salad Sandwich On Wheat Bread Baked Chips Celery Sticks or Snap Peas *Pears 8 oz. Milk	<b>17</b> Spaghetti Squash (Ground Pork Sausage, with Marinara Sauce) Wheat Roll Peach / 8 oz. Milk <i>Dreamcatcher Activity At 12pm-1:30pm</i>	<b>18</b> Beef Hamburgers On Whole Wheat Bun Lettuce, Tomato and Cheese Slice Baked Sweet Potato Fries Cantaloupe 8 oz. Milk	<b>19</b> Taco Salad (Ground Turkey, Refried Beans, Corn, Tortilla Chips, Lettuce, Tomato and Cheese) & Honeydew Melon / 8 oz. Milk  <i>Public Hearing: Draft Exclusion Code at 12:45pm</i>	<b>20 Birthdays</b> Pork Chops Wild Rice Steamed Zucchini Strawberries / 8 oz. Milk <i>Tea Tuesday at Lunch</i> <i>Farm Stand at Lunch</i> <i>Birthday Cake</i> <i>Birthday BINGO!</i>
<b>23</b> Macaroni Cheese and Diced Ham Steamed Broccoli Blueberries and Greek Yogurt 8 oz. Milk  <i>Book Club at 11am</i>  <i>Movie Day "Barking Water" at 1pm</i>	<b>24</b> Pozole (Pork, Red Sauce and Hominy) Side of Radish, Cabbage, Cilantro and Lemon Whole Wheat Tortilla Orange 8 oz. Milk <i>Blood Pressure Checks during Lunch</i>	<b>25</b> Salad Bar (Lettuce, Tomatoes, Cucumbers, Spinach, Cheese, Turkey, Ham, Olives, Artichokes, Hard Boiled Egg, Beets, *Peaches, *Pineapple Chunks and Cottage Cheese) Wheat Crackers 8 oz. Milk <i>CDD at the Elders during Lunch</i>	<b>26</b> Baked Breaded Cod Rice Pilaf Tarter Sauce on the Side Baked Zucchini Jell-O and Bananas 8 oz. Milk	<b>27</b> <b>Holiday Closure – California Indian Day</b> <b>Tribal Offices and Elders Center will be CLOSED.</b> <b>No meals will be served.</b>

<b>30</b> Lemon Herb Chicken Wheat Noodles Steamed Peas *Mandarin Oranges 8 oz. Milk	<b>October 1</b> Lasagna (Pork Sausage, Marinera Sauce, Ricotta Cheese) Tomato and Cucumbers in Vinaigrette Mix Plum / 8 oz. Milk	<b>October 2</b> Stuffed Bell Peppers (Ground Beef, Rice, Corn, Carrots and Cheese) Beet Salad Watermelon 8 oz. Milk	<b>October 3</b> Turkey Wrap (Deli Turkey Meat, Cucumbers, Tomatoes, Lettuce and Ranch Dressing) Chips Strawberries 8 oz. Milk	<b>October 4</b> Pork Roast Mashed Potatoes With Gravy Wheat Roll Steamed Carrots *Applesauce 8 oz. Milk
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*Also, we now offer lactaid milk – just ask the staff. Menu and events are subject to change. Anything with a \* is canned fruit.*

**◀ APPROVED by a Registered Dietitian Nutritionist ▶**