

# Bishop Elders Title VI Food Program

## November 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 28</b> Vegetable Soup (Carrots, Corn, Potatoes, Celery, Onions, Green Beans and Bell Peppers) Flat Bread Greek Yogurt with Blueberries / 8 oz. Milk <i>Social Services at the Elders during lunch</i>	<b>October 29</b> Salmon Filet Rice Pilaf Steamed Broccoli and Cauliflower *Pears 8 oz. Milk <i>Blood Pressure Checks during Lunch</i> <i>Tea Tuesday at Lunch</i>	<b>October 30</b> Green Pork Chili Verde & Wheat Tortilla Rice & Refried Beans Corn *Applesauce/ 8 oz. Milk <i>CDD at the Elders during Lunch</i>	<b>October 31</b> Halloween Polish Sausage with Sauerkraut Whole Wheat Bun Potato Salad Green Beans Cantaloupe / 8 oz. Milk <i>Cupcake</i> <i>Elders Costume Contest during Lunch</i>	<b>November 1</b> Chicken Breast in Mushroom Sauce Wheat Noodles Steamed Baby Carrots *Peaches 8 oz. Milk
<b>4</b> Baked Cod with Lemon Tarter Sauce Quinoa Asparagus Mango Salsa 8 oz. Milk  <i>ROSS Program at the Elders during Lunch</i>	<b>5</b> Chili Beans Corn Bread Cucumber Salad (Lettuce, Tomatoes and Cucumbers) Orange 8 oz. Milk  <i>Book Club at 1pm</i> <b>Don't forget to VOTE!</b>	<b>6</b> Beef Stir Fry Brown Rice Mixed Vegetables (Broccoli, Red Bell Peppers, Snap Peas, Mushrooms, and Water Chestnuts) Grapes / 8 oz. Milk	<b>7</b> Pork Chops Rice Pilaf Green Beans *Applesauce 8 oz. Milk  <i>Social Services at the Elders during lunch</i>	<b>8 CLOSED</b> <i>The Tribe's Employee Appreciation Day - Elders Center will be closed all day. Frozen meals will be delivered to the Home Delivered Meals recipients with their Thursday meal delivery. Frozen meals for all Elders will be available for pick up on Thursday during the lunch hour at the Elders Center.</i>
<b>11 Holiday Closure – Veterans Day Observance</b>  <i>Tribal Offices and Elders Center will be CLOSED.</i> <u>No meals will be served.</u>	<b>12</b> Quiche (Egg, Sausage, Spinach and Cheese) Roasted Red Potatoes Wheat English Muffin Orange 8 oz. Milk <i>Book Club – New Book at 1pm</i>	<b>13</b> Chicken Noodle Soup (Peas, Carrots, Celery, Onion, and Noodles) *Pineapple Jell-O 8 oz. Milk <i>Elders Advisory Board Regular Mtg. at 12pm</i>	<b>14</b> Pepperoni Pizza Garden Salad (Lettuce, Tomato, Cucumber, Mozzarella Cheese) Greek Yogurt with Blueberries 8 oz. Milk	<b>15 Birthdays</b> Pork Loin with Apple Chutney Roasted Yams Green Beans Wheat Roll *Pineapple / 8 oz. Milk <i>Birthday Cake</i> <i>Birthday BINGO!</i>
<b>18</b> Tuna Casserole (Wheat Noodles, Carrots and Peas) Greek Salad (Romaine Lettuce, Tomato, Olives, Cucumbers, Red Onion and Feta Cheese) Peach / 8 oz. Milk	<b>19</b> Ham Macaroni And Cheese Steamed Zucchini *Pears 8 oz. Milk <i>Showing “100 Years: Eloise Corbell Documentary” at 1pm</i>	<b>20</b> Salad Bar (Ham, Turkey, Cheese, Tomatoes, Cucumbers, Olives, Hard Boiled Egg, Beets, Carrots and Mixed Greens) Wheat Crackers *Pineapple Chunks 8 oz. Milk	<b>21</b> BLT Bacon, Lettuce and Tomato Wheat Bread Tomato Soup Plum 8 oz. Milk <i>Social Services at the Elders during lunch</i>	<b>22 Turkey Dinner</b> Mashed Potatoes and Gravy & Wheat Roll Stuffing and Olives Cranberries Fruit Salad (Coconut, Pineapple Papaya and Guava) / 8 oz. Milk <b>Pumpkin Pie</b>
<b>25</b> Corn Chowder Soup with Ham Spinach Salad Corn Bread Orange 8 oz. Milk <i>Table Arrangement Activity at Lunch</i>	<b>26</b> Jambalaya Italian Sausage Bell Peppers, Celery, Carrots and Onion Wild Rice Apple / 8 oz. Milk  <i>Blood Pressure Checks during Lunch</i>	<b>27</b> Spaghetti (Ground Beef & Spaghetti Squash) Peas & Garlic Bread Blueberries / 8 oz. Milk  <i>CDD at the Elders during Lunch</i>	<b>28 Holiday Closure – Thanksgiving</b> <i>Tribal Offices and Elders Center will be CLOSED.</i> <u>No meals will be served.</u>	<b>29 Holiday Closure – Day After Thanksgiving</b> <i>Tribal Offices and Elders Center will be CLOSED.</i> <u>No meals will be served.</u>

Also, we now offer lactaid milk – just ask the staff. Menu and events are subject to change. Anything with a \* is canned fruit.