January 2017

Red Cliff Elderly Menu

All Meals Subject to Change without notice *All Meals Served with milk*

Mon	Tue	Wed	Thu	Fri	Sat
*2 *No Service* Tribal Holiday* 	*3 Scallop Potato/Ham Peas & Carrots Bread Pudding*	*4 Tater tot Casserole w/ Green Beans Peaches*	*5 Chicken Fajitas Taco Rice Black Beans Pineapple*	*6 Beef Broccoli Stir Fry (Snap Peas) Rice Pears*	***7 Sack Lunch*** *Ham/ Cheese Rye Bread Apple Sauce Chips*
9 Kielbasa Cheddar Broccoli Rice Beets Fruit Cocktail	*10 Liver & Onions Mashed Potato Carrots Bread Apple Sauce*	*11 Cream Chicken Rice Peas Biscuit Pineapple*	*12 Cabbage Rolls Mashed Potato Corn Salad Peaches*	*13 Philly Cheese steak Seasoned Wedge Corn Mandarin Orange*	***14 Sack Lunch*** *Pastrami/ Swiss Cheese /Rye Bread Carrot Sticks/Cauliflower Banana*
*16 *No service* Tribal Holiday* 	*17 Shredded BBQ Pork Cole Slaw Baked Beans Mandarin Orange*	*18 Bow Tie Pasta w/ Sausage & Sweet Peppers Fruit Cocktail*	*19 Spaghetti/ Meat Sauce Salad Garlic Bread Pears*	***20 Breakfast*** *Blueberry Pancake Sausage Patty Hard Boiled Egg Watermelon*	***21 Sack Lunch*** *Roast Beef/ Cheddar Cheese/ Wheat Bread Cucumber Slices Strawberries*
23 Tomato Soup Grilled Ham & Cheese Sandwich Carrot & Celery Stick Fruit Salad	*24 Baked Chicken Mashed Potato/Gravy Dressing Beets Pineapple*	*25 Pork Chops Smashed Sweet Potato Peas Apricots*	*26 Beef Steak & Peppers Rice Cottage Cheese Melon*	*27 Chicken Vegetable Soup Cheddar Biscuit Nectarine Cookie*	***28 Sack Lunch*** *Turkey and Provolone Celery Sticks/Peanut Butter Orange*
***30** Beef Tips/Gravy Noodles Peas Pudding*	*31 Turkey Burgers Sweet Potato Fries Baked Beans Orange*	***Happy Elderly***	***New Year from Program Staff~***	***the Red Cliff***	