


October 2022

Red Cliff Elderly Menu

All Meals Subject to Change without notice

All Meals Served with 1% milk

Mon	Tue	Wed	Thu	Fri	Sat
					<u>1 Sack Lunch</u> Breaded Fish Sandwich on a bun Cheese stick Pudding
3 Kielbasa & Kraut on Bun Sweet Potato Fries Corn Muffin	4 California Cheese Burger w/ lettuce, tomato and onion Potato Salad Peaches	5 Baked Chicken Mashed Potatoes & Gravy Green Beans Bun Cookie	6 Cheeseburger Soup Turkey & Cheese Sandwich w/ lettuce & tomato Blueberry dessert	7 French Toast Scrambled Eggs Sausage Links Grapes	8 <u>Sack Lunch</u> Chicken Salad on a Croissant w/lettuce Chips Fruit Cup
10 NO SERVICE TRIBAL HOLIDAY	11 Hot dog on a bun Potato salad Broccoli & Cauliflower Mandarin Oranges	12 Pork Medallions Mashed Potatoes & Gravy Island Blend Veggies Bun Cookie	13 Cream of Chicken & Wild Rice Soup Ham & Cheese on Marble Rye w/lettuce & tomato Pears	14 Beef & Bean Burrito w/cheese. Lettuce, tomato, onion & sour cream Mexican Rice w/ onions. Peppers & tomato Apple	15 <u>Sack Lunch</u> Roast Beef & Swiss Sandwich Cheese Stick Fruit Pudding
17 Beef Tips & Gravy over noodles Carrots Cake	18 BBQ Pulled Pork on a bun Roasted Garlic Potatoes Coleslaw Pineapple	19 Chicken Alfredo Side Salad Garlic Bread Cookie	20 Chilli Egg Salad Sandwich w/ lettuce Nectarine	21 Beef Teriyaki over rice w/onions, carrots, peas, water chestnuts & broccoli Egg Roll/Fortune Cookie	22 <u>Sack Lunch</u> Tuna Salad Sandwich Chips Fruit Cup
24 Spaghetti & Meat Sauce Peas Garlic Bread Fruit cocktail	25 Cheesy Chicken & broccoli bake Bread Stick Pudding	26 Hamburger Gravy over Mashed Potatoes Corn Bun Cookie	27 Cheesy Ham & Potato Soup Ground Bologna Sandwich w/lettuce Applesauce	28 Brat on a bun Macaroni Salad Baked Beans Pear	29 <u>Sack Lunch</u> Grilled Chicken w/ lettuce & Tomato Cheese Stick Jello cup