

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday 1
				Kung Pao Chicken Brown Rice Asian Veggies Fruit
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Chicken Pot Pie Green Beans Ww rolls pineapple	Beef Veggie Soup BLT Sandwich ww bread Pears	Pork Chop Suey w/ veggies Rice Apples	Chicken Wings Baked Beans Coleslaw Fruit	Braised Beef w carrots and celery Mashed Potato Fruit
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Cheese Burger ww bun w/ fixings Roasted Potato Fruit	Biscuit and Gravy Hash brown Casserole Roasted Veggies Fruit	Tuna Casserole w/ peas and carrots Fruit	Ravioli w/ Marinara Sauce Roasted Carrots Fresh Fruit	Chicken Rice Soup W/ Veggies Ww Roll Fruit
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Asian Chicken Salad Spring Rolls Grapes Ww Roll	Beef Stew w/ carrots, celery, and Potato Biscuits Fresh Fruit	Chicken Divan Rice Mixed Veggies Fruit	Goulash w/ Beef Broccoli Fruit	Ham and Bean Soup Corn Bread Fruit
Monday Nov 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Ham Baked with Apricot sauce Scallop Potato Fresh Fruit	Chicken Enchilada Spanish Rice Broccoli Fruit	Salmon Boiled Potato Peas Fresh Fruit	Sloppy Joe Sliders Tater Tots Carrots Fruit	Pork Pot Roast w/veggies brown rice Fresh Fruit

Created on 12/4/2023: by Gina Williams
Approved by Dawn Travelstead, RD: 10/2/2023

Salad Bar Served Daily

**The Tribal Center will be closed for the Holidays, the weeks of Dec 25 thru 29.
We will be retuning January 2, 2024
I will be preparing 7 meals for that week and will hand out on Dec 20, 2023**