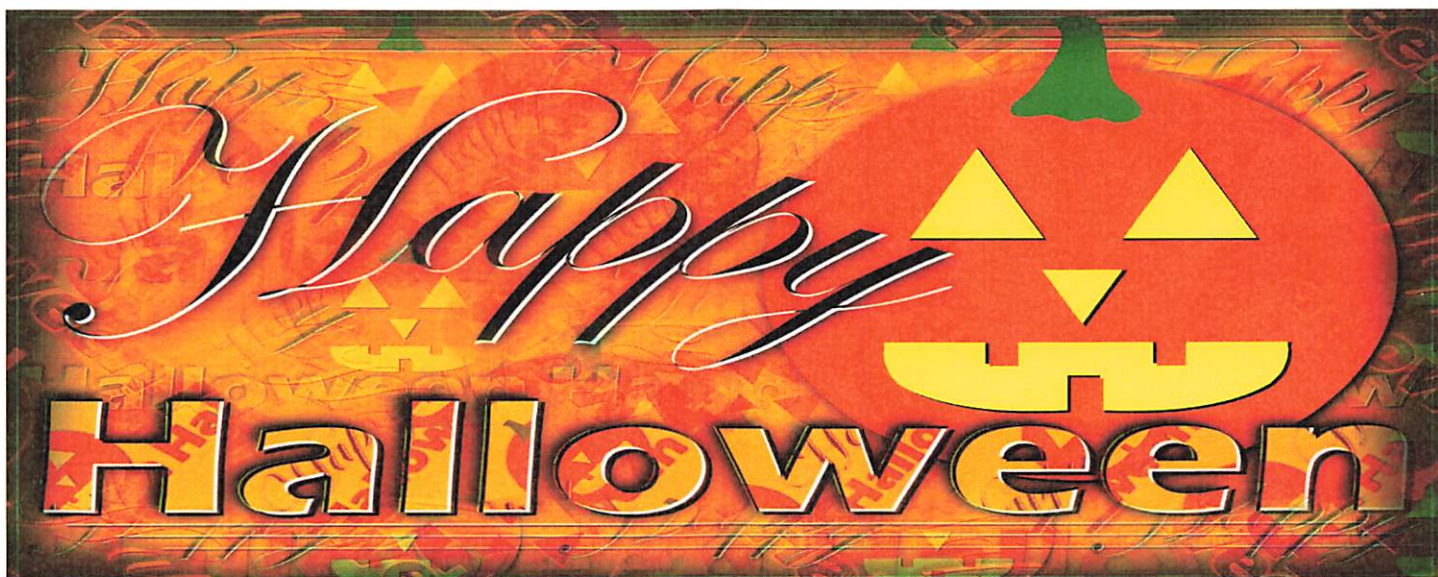


October Hualapai Elderly Lunch Menu

2022

**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE AT ANY TIME
DUE TO UNFORESEEN CIRCUMSTANCES**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Minestrone w/ground beef, turkey sandwich & banana	4 Bbq skinless chicken, green salad, yeast roll & fruit cocktail	5 Goulash, carrots, wheat bread & diced peaches	6 Pork roast, green beans, coleslaw, h.m. tortilla & cantaloupe chnks	7 Pork ribs, baked beans, peas, yeast roll & strawberries	8
9	10 Grilled ham n cheese, tomato soup, baked chips & tropical fruit	11 Cheeseburger, baked fries, pickled spears jello w/mandarin	12 Beef stew w/veggies, h.m. biscuits & banana	13 H.m. chicken rice soup, mixed veggies, saltines & grapes	14 Hamburger patty wrapped in lettuce, broccoli, brown rice & healthy smoothie	15
16	17 Pork roast, broccoli, yeast roll, cottage cheese w/fruit cocktail	18 Sloppy jo, green salad, sweet potato fries & honeydew chnks	19 Ham, tomato, lettuce cheese on hoagie roll, carrots & tropical fruit	20 Ground beef stew w/veggies, h.m tortilla & vanilla pudding	21 Tuna on hoagie roll, peas, baked chips & pear	22
23	24 Walapai taco (h.m frybread) & strawberries	25 Pot roast, mixed veggies, mashed potato, yeast roll jello w/pineapple	26 Chicken enchilada, Spanish rice, coleslaw & banana	27 Shredded pork, wild rice, corn, h.m. tortilla & applesauce	28 Spaghetti, green salad, garlic bread & mandarin oranges	29
30	31 Chili beans, potato salad, cornbread & strawberries	If you have any questions call (928) 769-2375	Oct.13 grand opening of kitchen	Water, Juice & tea available Dressing served with salad	Beans, ground beef Lettuce, cheese, tomatoes & salsa served with walapai taco	