

Fire Keepers Elder Center

JULY 2017

Lunch Hours:
11:30– 12:30
Menu subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 Native Seniors 50+ Free Ages 13-49 \$3.50 6-12 \$2.50	3 CLOSED	4 CLOSED	5 Lemon chicken Rice Zucchini Fruit	6 Polish dog Peppers n onions Onion rings fruit	7 Taco salad Corn Fruit	8
9	10 Tuna salad Yogurt V8 / fruit cookie	11 Pork Burrito Beans Fruit	12 Swiss Steak Potatoes Corn Fruit	13 French dip with Au jus Corn on the cob Fruit	14 Beef n hominy Roll Dessert Fruit	15
16	17 Chicken n wild rice Jalapeño Bread Carrots Fruit	18 Stuffed shells Garlic bread Asparagus fruit	19 Chef Salad Crackers Fruit	20 Birthday Dinner Bacon Cheeseburger Potato salad Baked beans Cake/Melon	21 Brown Bag Lunch	22
23	24 French onion soup Grilled cheese salad Fruit	25 Hot wings Potato skins Carrots n celery Fruit	26 Green chili Enchilada Rice Fruit	27 Liver n onions Potatoes n gravy Peas Oranges	28 Smorgasbord	29
30	31 Chicken Sandwich Mac n Cheese Fried okra fruit					