



Pala Seniors Lunch Menu November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Chile Relleno Spanish Rice Veggies Dessert	2 Sweet & Sour Chicken Rice, Egg Roll Veggies Dessert	3 Beef Stroganoff Egg Noodles Salad Veggies Dessert	4 Tuna Sandwich Lettuce & Tomato Dessert	
	7 Manicotti Cheese Bread Veggies Dessert	8 Tamales Pinto Beans Spanish Rice Dessert	9 Egg Salad Sandwich Lettuce & Tomatoes Dessert	10 Baked Chicken Wild Rice Salad Veggies Dessert	11 VETERANS' DAY KITCHEN CLOSED	
	14 BBQ Hamburger French Fries Dessert	15 Taco Tuesday Spanish Rice Pinto Beans Dessert	16 Mac & Cheese Biscuit Veggies Dessert	17 Thanksgiving Luncheon 11:00 a.m. Admin Building	18 Pizza Chicken Wings Salad Dessert	
	21 Spaghetti Veggies Garlic Bread Salad Dessert	22 Chimichangas Spanish Rice Veggies Dessert	23 Pala Chicken Mashed Potatoes Salad Veggies Dessert	24 THANKSGIVING KITCHEN CLOSED	25 KITCHEN CLOSED	
	28 Pot Roast Mashed Potatoes Veggies, Dinner Roll Salad Bar Dessert	29 Beef & Bean Burrito Spanish Rice Veggies Dessert	30 Parmesan Chicken Veggies Hawaiian Roll Salad Dessert			

*Menu subject to change

<http://www.palatribe.com/residents/seniors-program/>