



PALA SENIORS PROGRAM
 PALA BAND OF MISSION INDIANS
 PMB 50, 35008 Pala Temecula Road
 Pala, CA 92059
 Phone 760-891-3505 | Fax 760-742-4520

Pala Seniors Lunch Menu October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Taco Salad Pinto Beans Spanish Rice Dessert	2 Orange Chicken Egg Roll Vegetables Dessert	3 Brown Sugar Pineapple Pork Chops Rice Veggies	4 Egg Salad Sandwich Lettuce/Tomatoes Chips Dessert	
	7 Baked Ham Mashed Potatoes Vegetables Dessert	8 Taco Tuesday Spanish Rice Pinto Beans Dessert	9 Filipino – Pancit Egg Roll Vegetables Dessert	10 Peppercorn Chicken Brown Rice Vegetables	11 Steak Bites with Cream Sauce Mashed Potatoes Vegetables	
	14 Baked Pork Chops Baked Potatoes Vegetables	15 Chicken Fajita Spanish Rice Refried Beans Dessert	16 Chinee Beef and Green Beans Rice Vegetables Dessert	17 Southern Chicken w/ Spinach Cream Sauce Scallop Potatoes Vegetables	18 Roast Beef Sandwich Potato Salad Lettuce/Tomatoes	
	21 Baked Chicken Rice Pilaf Vegetables Dessert	22 Chimichangas Spanish Rice Vegetables Dessert	23 Chili Sides French Fries Vegetables Dessert	24 Lemon Parmesan Chicken Vegetables Roll Dessert	25 Chef Salad Beets Crackers Dessert	
	28 Meatloaf Mashed Potatoes Vegetables Dessert	29 Taco Tuesday Pinto Beans Spanish Rice Dessert	30 Hot Dogs French Fries Dessert	31 Seniors Halloween Luncheon 11:00 AM Admin Building		

*Menu subject to change. Soup is dine-in only.
<http://www.palatribe.com/residents/seniors-program/>