

**Fire Keepers  
Elder Center**

# May 2019

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

| Sun | Mon  | Tue  | Wed  | Thu  | Fri  | Sat       |
|-----|--|--|--|--|--|-----------|
|     | <b>Native Seniors</b><br><b>50+ free</b><br><b>13-49 \$3.50</b><br><b>6-12 \$2.50</b>            |  | <b>1</b><br><b>Meatloaf</b><br><b>Potato n gravy</b><br><b>Green beans</b><br><b>Fruit</b>       | <b>2</b><br><b>Pizza</b><br><b>Side salad</b><br><b>Brownie</b><br><b>Fruit</b>                      | <b>3</b><br><b>Fish sticks</b><br><b>Mixed veggies</b><br><b>Fried potatoes</b><br><b>Fruit</b>      | <b>4</b>  |
| 5   | <b>6</b><br><b>Broccoli cheese</b><br><b>soup</b><br><b>Turkey n cheese</b><br><b>Wrap</b>       | <b>7</b><br><b>Chicken Alfred bake</b><br><b>Broccoli</b><br><b>Garlic bread</b><br><b>Fruit</b>   | <b>8</b><br><b>Pork n potatoes</b><br><b>Tortilla</b><br><b>Beans</b><br><b>Fruit</b>            | <b>9</b><br><b>Goulash</b><br><b>Green beans</b><br><b>B&amp;B</b><br><b>Fruit</b>                   | <b>10</b><br><b>Tuna casserole</b><br><b>Peas and carrots</b><br><b>Biscuit</b><br><b>fruit</b>      | <b>11</b> |
| 12  | <b>13</b><br><b>Sloppy Joes</b><br><b>Fries</b><br><b>Corn</b><br><b>Fruit</b>                   | <b>14</b><br><b>Chicken tenders</b><br><b>Mac n cheese</b><br><b>Cauliflower</b><br><b>Fruit</b>   | <b>15</b><br><b>Biscuits n Gravy</b><br><b>Egg bake</b><br><b>Berries</b>                        | <b>16</b><br><b>Pulled pork SW</b><br><b>Potato chips</b><br><b>Baked beans</b><br><b>Cake fruit</b> | <b>17</b><br><b>Lemon dill salmon</b><br><b>Asparagus</b><br><b>Roasted potatoes</b><br><b>Fruit</b> | <b>18</b> |
| 19  | <b>20</b><br><b>French onion soup</b><br><b>Ham n Cheese SW</b><br><b>Yogurt</b><br><b>Fruit</b> | <b>21</b><br><b>Steak Quesadillas</b><br><b>Guacamole n chips</b><br><b>Churro</b><br><b>Fruit</b> | <b>22</b><br><b>Spinach Salad</b><br><b>Boiled egg</b><br><b>Baguette</b><br><b>Fruit</b>        | <b>23</b><br><b>Baked BBQ Chicken</b><br><b>Brussel Sprouts</b><br><b>Corn bread</b><br><b>Fruit</b> | <b>24</b><br><b>Fish SW</b><br><b>Pasta salad</b><br><b>Carrots</b><br><b>Fruit</b>                  | <b>25</b> |
| 26  | <b>27</b><br><b>Closed</b>   | <b>28</b><br><b>Mexican Chicken</b><br><b>Rice</b><br><b>Corn</b><br><b>Fruit</b>                  | <b>29</b><br><b>Pork n Hominy</b><br><b>Dinner roll</b><br><b>Broccoli salad</b><br><b>Fruit</b> | <b>30</b><br><b>Smorgasbord</b>  | <b>31</b><br><b>Baked Tilapia</b><br><b>Quinoa</b><br><b>Roasted peppers</b><br><b>Fruit</b>         |           |