



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 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3 Chicken Alfredo Cheese Bread Veggies Dessert	4 Taco Tuesday Spanish Rice Pinto Beans Dessert	5 Pork Chops Mushroom Gravy Roll Veggies, Salad Dessert	6 Fried Chicken Mashed Potatoes Veggies, Salad Dessert	7 Grilled Cheese Sandwich French Fries Veggies, Dessert	
	10 Creamy Chicken Egg Noodles Veggies Roll Dessert	11 Tamales Pinto Beans Veggies Dessert	12 Beef Tips Rice Roll, Veggies Salad Dessert	13 Meatloaf Mashed Potatoes Veggies Dessert	14 Pizza Pockets Chicken Wings Veggies Dessert	
	17 Chili Mac Veggies Biscuit Dessert	18 Taco Salad Spanish Rice Pinto Beans Dessert	19 BBQ Hamburger French Fries Veggies Dessert	20 Breaded Pork Chops Roll, Veggies Salad Dessert	21 Beef Stew Cornbread Salad, Veggies Dessert	
	24 Spaghetti Garlic Bread Veggies Dessert	25 Chimichangas Spanish Rice Veggies Dessert	26 Baked Chicken Stuffing Veggies Salad Dessert	27 Halloween Luncheon 11:00 AM Admin Building	28 Chicken Sandwich Lettuce & Tomatoes Macaroni Salad Dessert	
	31 Salisbury Steak Mashed Potatoes Veggies Dessert					

*Menu subject to change
<http://www.palatribe.com/residents/seniors-program/>