



**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 January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>2</b> KITCHEN CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	<b>3</b> Taco Tuesday Spanish Rice Pinto Beans Dessert	<b>4</b> Breaded Pork Chops Baked Potatoes Veggies Dessert	<b>5</b> Chicken Parmesan Dinner Roll Veggies Dessert	<b>6</b> Tuna Casserole Biscuit Veggies Dessert	
	<b>9</b> Creamy Chicken Egg Noodles Veggies Roll Dessert	<b>10</b> Taco Salad Spanish Rice Pinto Beans Dessert	<b>11</b> Roasted Turkey Stuffing Veggies Dessert	<b>12</b> Sliders French Fries Veggies Dessert	<b>13</b> Croissant Sandwich Macaroni Salad Lettuce & Tomatoes Soup Dessert	
	<b>16</b> Salisbury Steak Mashed Potatoes Veggies Dessert	<b>17</b> Tamales Spanish Rice Veggies Dessert	<b>18</b> Meatloaf Mashed Potatoes Veggies Dessert	<b>19</b> Chicken Pot Pie Veggies Dessert	<b>20</b> Texas Stew Cheese Biscuits Veggies Dessert	
	<b>23</b> Beef Stroganoff Egg Noodles Veggies Hawaiian Roll	<b>24</b> Chimichangas Spanish Rice Veggies Dessert	<b>25</b> Lasagna Veggies Garlic Bread Dessert	<b>26</b> Fried Chicken Mashed Potatoes Veggies Dessert	<b>27</b> Sloppy Joes Veggies Potato Chips Dessert	
	<b>30</b> Spaghetti Garlic Bread Veggies Salad Dessert	<b>31</b> Carne Asada Tacos Refried Beans Veggies Dessert				

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