



**PALA SENIORS PROGRAM**  
 PALA BAND OF MISSION INDIANS  
 PMB 50, 35008 Pala Temecula Road  
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## Pala Seniors Lunch Menu June 2025

| SUNDAY | MONDAY                                                                      | TUESDAY                                                                      | WEDNESDAY                                                                | THURSDAY                                                                  | FRIDAY                                                                  |  |
|--------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------|--|
|        | <b>2</b><br>Chicken Alfredo<br>Egg Noodles<br>Vegetables<br>Roll<br>Dessert | <b>3</b><br>Taco Tuesday<br>Spanish Rice<br>Pinto Beans<br>Dessert           | <b>4</b><br>Hamburger Steak<br>Mushroom Gravy<br>Vegetables<br>Dessert   | <b>5</b><br>Killer Crack Chicken<br>Red Potatoes<br>Vegetables            | <b>6</b><br>Ham Sandwich<br>Potato Salad<br>Lettuce & Tomato<br>Dessert |  |
|        | <b>9</b><br>Beef & Pepper<br>Skillet<br>Vegetables<br>Roll<br>Dessert       | <b>10</b><br>Chili Rellenos<br>Spanish Rice<br>Vegetables<br>Dessert         | <b>11</b><br>Baked Chicken<br>Rice Pilaf<br>Vegetables<br>Dessert        | <b>12</b><br>Grilled Pork Chops<br>Mashed Potatoes<br>Vegetables          | <b>13</b><br>Beef Sliders<br>French Fries<br>Vegetables<br>Dessert      |  |
|        | <b>16</b><br>Roasted Turkey<br>Gravy<br>Roll<br>Vegetables<br>Dessert       | <b>17</b><br>Taco Salad<br>Pinto Beans<br>Spanish Rice<br>Dessert            | <b>18</b><br>Cajun Pork Chops<br>White Rice<br>Vegetables<br>Dessert     | <b>19</b><br>Meatloaf<br>Mashed Potatoes<br>Vegetables<br>Dessert         | <b>20</b><br>Baked Caesar<br>Chicken<br>Vegetables<br>Roll<br>Dessert   |  |
|        | <b>23</b><br>Spaghetti<br>Garlic Bread<br>Vegetables<br>Dessert             | <b>24</b><br>Carnitas taco<br>Refried Beans<br>Rice<br>Vegetables<br>Dessert | <b>25</b><br>Mississippi Pork<br>Chops<br>Scallop Potatoes<br>Vegetables | <b>26</b><br>Rosemary Chicken<br>Mashed Potatoes<br>Vegetables<br>Dessert | <b>27</b><br>Polish Sausage<br>Chili<br>Cheese<br>Dessert               |  |
|        | <b>30</b><br>Parmesan Chicken<br>Roll<br>Vegetables<br>Dessert              |                                                                              |                                                                          |                                                                           |                                                                         |  |

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