

# CADDO NATION AOA MENU



Caddo Nation AoA Title VI/Caregiver Programs  
Fritz Hendrix Memorial Building  
117 Memorial Lane; PO Box 487  
Binger, OK 73009 \* (405) 656-9042



# October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Hot ham & cheese sandwich Tomato soup Small salad Dessert	Cowboy dinner Small salad Dessert	Indian Taco w/fixin's Dessert <b>*National Taco Day</b>	Chicken noodle casserole Peas & carrots Bread Dessert	Sausage gravy over Biscuit Boiled egg
9	10	11	12	13
 <b>INDIGENOUS PEOPLES' DAY</b>	Goulash Green beans Bread Angel food cake <b>*National Angel Food Cake Day</b>	Sausage Pizza Salad Dessert <b>*National Sausage Pizza Day</b>	Seasoned beans Okra Sliced onion & tomato Cornbread * Dessert <b>*National Take Your Parents to Lunch Day</b>	 Bacon Scrambled eggs Toast Cold cereal
16	17	18	19	20
Grilled cheese Hamburger stew Crackers Dessert	Spaghetti w/meatsauce Salad Garlic bread Dessert <b>*National Pasta Day</b>	Ham Mac & cheese Green beans Roll * Cupcake <b>*National Cupcake Day</b>	Chicken and dumplings Peas & carrots Dessert	Sausage link Pancake Boiled egg
23	24	25	26	27
Seasoned beef & rice Broccoli Dinner roll	Enchilada casserole Salad Dessert	Seasoned Blackeye peas Greens Sliced onion Cornbread Dessert	Chicken fried steak w/gravy Mashed potatoes Peas & carrots Roll * Dessert <b>*National Chicken Fried Steak Day</b>	Sausage Fried egg Hashbrown Toast
30	31			
Cheeseburger w/lettuce, tomato, onion Potato salad Dessert	Open face pork roast sandwich Mashed potatoes w/ gravy Veggies Roll * Dessert	<b>405-656-9042</b>	<i>The building is open daily from 10:00 a.m. – 3:00 p.m. Elders are encouraged to come in and make use of our activity room, lounge area and fitness room.</i>	<b>Menu is subject to change due to availability, inclement weather or other unforeseen events.</b>