

September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<i>*Please let us know if you have any allergies or food sensitivities!</i> Menu is Subject to Change	1 Chili with Cornbread Light Breakfast 8:30-10 a.m.	2 Teriyaki Chicken with Rice and Veggies	3 Net Day, Clam Bake	4 Labor Day Brunch, Berry French Toast Casserole, Bacon, Eggs, O'Brien Potatoes
7 Tyotkas Closed, Labor Day	8 Chicken Noodle Soup, Egg Salad Sandwich Light Breakfast 8:30-10 a.m.	9 Spaghetti with Meat Sauce, Veggies, Garlic Bread	10 Ham and Corn Chowder, Cheddar Biscuits Light Breakfast 8:30-10 a.m.	11 Tuna Casserole with Veggies, Roll
14 Mini-Meatloaf, Mashed Potatoes, Veggies, Roll	15 Minestrone Soup and Turkey Wrap Light Breakfast 8:30-10 a.m.	16 Stuffed Pork Loin with Roasted Veggies, Roll	17 Tyotkas Closed, Staff Day	18 Traditional Foods Potluck
21 Chicken Sandwich with Sides	22 Autumn Harvest Soup and Open-Faced Sandwich Light Breakfast 8:30-10 a.m.	23 Braised Buffalo Roast Over Polenta and Succotash	24 Tuscan White Bean and Sausage Soup with Veggie Wrap Light Breakfast 8:30-10 a.m.	25 Tyotkas Closed, National Indian Day
28 Fish Tacos with Cilantro Lime Rice and Coleslaw	29 Curry Chicken Soup with Coconut Rice and Naan Light Breakfast 8:30-10 a.m.	30 Beef Stew over Rice with Veggies and Roll	Lunch is served from 11:30 a.m.-1:30 p.m. Lunch is on a donation basis for Elders registered with Tyotkas (\$2 suggested). Lunch is \$12 for guests age 18 and older, and \$8 for guests 17 and under.	

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 Net Day 1030a-130p Last one of the season! Tyotkas building closed; we'll see you for a Clam Bake at the Net!	4
7 Tyotkas Closed Labor Day	8 Salamatof Berry Farm Small-Group Trip, 130-3p Games w/Alvena, 130-415p	9 LIVE MUSIC SING ALONG! 1230-130p Arts and Crafts w/Gena, 11a-1130a and 1230-2p Games w/Alvena, 130-415p	10 Games w/Alvena, 130-415p	11 BINGO 1-2P
14 BLOOD PRESSURE CHECKS Memory Café and Kenai Peninsula Family Caregiver Support Group at Veronica's Old Town Café, 1-3p Arts & Crafts with Alvena, 130-330p	15 Neighborhood Walk 1030-11a Games w/Alvena, 130-415p	16 LIVE MUSIC SING ALONG! 1230-130p Games w/Alvena, 130-415p	17 	18 Traditional Foods Potluck, 1130a-130p
21 BLOOD PRESSURE CHECKS Dementia Awareness Walk around campus following lunch Arts & Crafts with Alvena, 130-330p	22 Games w/Alvena, 130-415p	23 LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Gena, 11-1130a and 1230-2p Games w/Alvena 130-415p	24 Games w/Alvena 130-415p	25 Tyotkas Closed National Indian Day
28	29 Games w/Alvena 130-415p	30 ORANGE SHIRT DAY LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Gena 11- 1130p and 1230-2p Games w/Alvena 130-415p		