

# December 2024

## Menu



TULSA & CREEK  
SENIOR NUTRITION  
*More Than A Meal*

Cold Milk served with each meal

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Polish Sausage</b> Sauerkraut Baked Beans Hot Dog Bun Fruit	3 <b>Sausage, Egg &amp; Cheese Casserole</b> Potatoes in the Entrée Warm Spiced Apples Biscuit Gravy Muffin	4 <b>Sloppy Joes</b> Savory Carrots Peas Hamburger Bun Fresh Fruit	5 <b>Pinto Beans w/Ham</b> Tomato Spoon Relish Coleslaw Cornbread Fruit	6 <b>Ham Salad</b> Marinated Vegetables Broccoli Salad Bread Gelatin
9 <b>Beef &amp; Cabbage Casserole</b> Corn Fruit Crackers Pudding	10 <b>Chili con Carne</b> Savory Carrots Fruit Crackers Pudding	11 <b>Salisbury Steak</b> Mashed Potatoes Gravy Peas Bread Fruit	12 <b>Baked Potato w/ Ham &amp; Cheese</b> Broccoli Bread Fruit	13 <b>Chicken Tortilla Soup w/ Cheese</b> Salad Greens Fresh Apple Tortilla Chips Ranch Dressing Dump Cake
16 <b>Sloppy Joes</b> 3 Bean Salad Potato Salad Hamburger Bun Pineapple & Cottage Cheese	17 <b>Baked Chicken</b> Glazed Carrots Green Beans Bread Pudding	18 <b>Holiday Meal</b> Baked Ham Gravy Yams Cranberry Salad Green Beans Dinner Roll Seasonal Dessert	19 <b>Loaded Potato Soup</b> Side Salad Fruit Crackers Salad Dressing Impossible Pie	20 <b>Fajita Chicken Burrito</b> Fiesta Corn Refried Beans Tortilla Sour Cream Cookie
23 <b>Jambalaya</b> Rice Peas Fruit Pudding	24 <b>Closed</b> 	25 <b>Closed</b> 	26 <b>Frito Chili Pie w/ Beans, Cheese &amp; Onions</b> Fiesta Corn Fruit Chips in the Entrée Sour Cream Gelatin	27 <b>Chef Salad w/ Egg, Ham &amp; Cheese</b> Tomato Wedges Salad Greens Crackers Pudding
30 <b>Hamburger Stew</b> Veggies in the Entrée Broccoli & Cauliflower Crackers Cookie	31 <b>Pinto Beans w/ Ham</b> w/ Ham Corn Fruit Cornbread Cookie		<b>Donations</b> Our suggested donation is \$2.00 a meal. All donations are greatly appreciated and go toward food cost.	<b>Reservations</b> Reserve a meal before 12:00pm to ensure your next day lunch reservation. Lunch is served at 11:30am at all locations.

This program is funded by: Older American Act Grant from the INCOG Area Agency on Aging, and Participant Donations.

Managed By:

