




# July 2024 Menu



TULSA & CREEK  
**SENIOR NUTRITION**  
*More Than A Meal*

Cold Milk served with each meal

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Sloppy Joes</b> 3 Bean Salad Potato Salad Hamburger Bun Pineapple & Cottage Cheese	<b>2 Baked Chicken</b> Glazed Carrots Vegetable Medley Wheat Bread Pudding	<b>3 Polish Coney Dog</b> w/ Chili, Cheese & Onions Broccoli Salad Baked Beans Hot Dog Bun Fresh Apple	<b>4 CLOSED</b>  <i>Happy</i> <b>4<sup>th</sup> JULY</b> Independence Day .... 1776 .... *****	<b>5 Fajita Chicken</b> Burrito Fiesta Corn Black Beans Tortilla Sour Cream Gelatin
<b>8 Rasta Pastalya</b> Side Salad Fruit Pasta in the Entrée Ranch Dressing Pudding	<b>9 Chicken Wrap</b> w/ Lettuce Coleslaw Fruit Tortilla Caesar Salad Gelatin	<b>10 Swedish</b> <b>Meatballs w/ Gravy</b> Mashed Potatoes Savory Carrots Bread Fruit	<b>11 Pinto Beans</b> w/ Ham Spinach Fruit Cornbread Cookie	<b>12 Chef Salad</b> w/ a Boiled Egg, <b>Ham &amp; Cheese</b> Tomato Wedges Salad Greens Crackers Ranch/Caesar Dressing Gelatin w/ Fruit
<b>15 Egg Salad</b> Pickled Beets Fruit Wheat Bread Impossible Pie	<b>16 Oven Fried</b> <b>Steak</b> Mashed Potatoes & Gravy Spinach Wheat Bread Fruit	<b>17 Sausage, Egg, &amp; Cheese Casserole</b> Potatoes in the Entrée Warm Spiced Apples Biscuit Gravy Muffin	<b>18 Ham &amp; Cheese Sandwich</b> Lettuce & Tomato Marinated Vegetables Wheat Bread Gelatin w/Fruit	<b>19 Breaded Chicken Sandwich w/ Cheese</b> Pea Salad Citrus Glazed Carrots Hamburger Bun Fruit
<b>22 Cheese Burger</b> Lettuce, Tomato & Onions Baked Beans Potato Wedges Hamburger Bun Fruit	<b>23 Chicken Salad</b> Black Bean & Corn Salad Fruit Wheat Bread Gelatin	<b>24 Taco Salad</b> <b>(Ranch Beans w/ Ground Beef &amp; Cheese)</b> Salad Greens Tomato Wedges Tortilla Chips Pudding	<b>25 BBQ Pulled Pork</b> Potato Salad Carrots Hamburger Bun Fruit Crisp	<b>26 Orange Chicken</b> Asian Vegetables Fruit Rice Cookie
<b>29 Polish Sausage</b> Sauerkraut Baked Beans Hot Dog Bun Fruit	<b>30 Frito Chili Pie</b> <b>w/ Beans, Cheese &amp; Onions</b> Fiesta Corn Fruit Corn Chips in the Entrée Gelatin	<b>31 Sloppy Joes</b> Savory Carrots Peas Hamburger Bun Fresh Fruit	<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.	<b>Donations</b> Our suggested donation is \$2.00 a meal. All donations are greatly appreciated and go toward food cost.

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

Managed By: 