


May 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

Cold Milk served with each meal every day.

<p>2 SWEET HAWAIIAN CHICKEN With Hawaiian Sauce & Steamed Rice Tender Green Beans Creamy Pudding</p>	<p>3 HEARTY BEEF STROGANOFF Nutritious Peas Steamy Corn Fruit</p>	<p>4 BBQ PULLED PORK SANDWICH Potato Salad Fruit Crunchy Cookie</p>	<p>5 SEASONED PINTO BEANS w/Diced Ham Carrots Spinach Yummy Cornbread Delicious Muffin</p>	<p>6 SMOTHERED SWISS STEAK With Swiss Sauce Mixed Vegetable Medley Steamed Rice Fruit</p>
<p>9 SOFT TACOS w/CHEESE Refried Beans Crisp Lettuce & Carrots Sour Cream Taco Sauce Fruit</p>	<p>10 HEARTY SPAGHETTI w/Ground Beef Sauce & Parmesan Cheese Nutritious Carrots Steamy Broccoli Chilled Cottage Cheese & Tangy Pineapple</p>	<p>11 CLASSIC HAM & CHEESE SANDWICH With Mayo Fresh Lettuce & Sliced Tomato Tasty Pea Salad Fruit</p>	<p>12 BREAKFAST CASSEROLE w/Egg, Cheese & Hashbrowns Sausage Patty Warmed Sliced Apples Biscuit & Gravy Muffin</p>	<p>13 CONEY DOG w/Chili, Cheese and Onions Potato Wedges Fruit Creamy Pudding</p>
<p>16 SMOKY BBQ CHICKEN SANDWICH Tasty Peas Fruit Crunchy Cookie</p>	<p>17 TACO SALAD Seasoned Ground Meat / Ranch Beans Shredded Cheese Fresh Salad includes Shredded Carrots Tomato Wedge Crispy Tortilla Chips Taco Sauce Gelatin w/Fruit</p>	<p>18 BAKED POTATO With Ham & Cheese Sour Cream Steamy Broccoli Crispy Crackers Creamy Pudding</p>	<p>19 APPETIZING EGG SALAD SANDWICH on Wheat Bread Chilled Pickled Beets Glazed Carrots Fruit</p>	<p>20 SEASONED PINTO BEANS w/Diced Ham Tomato Spoon Relish Chilled Coleslaw Yummy Cornbread Peaches</p>
<p>23 CRISPY BREADED CHICKEN PATTY SANDWICH Hot Au Gratin Potatoes Crisp Lettuce & Tomato / Mayo Wheat Bread Creamy Pudding</p>	<p>24 ROBUST POLISH SAUSAGE Tangy Sauerkraut Delicious Baked Beans Hot Dog Bun Mustard Fruit Crisp</p>	<p>25 NUTRITIOUS CHEF SALAD w/ Ham, Cheese & Boiled Egg Salad includes Lettuce Shredded Carrots Tomato Wedge Ranch Dressing Club Crackers Peaches</p>	<p>26 SAVORY SALISBURY STEAK Yummy Mashed Potatoes with Mushroom Gravy Nutritious Carrots Bread Chilled Cottage Cheese & Tangy Pineapple</p>	<p>27 4-WAY CHILI w/Spaghetti - Beans - Cheese & Onion Corn Green Beans Gelatin w/Fruit</p>
<p>30 TCCSNP CLOSED for MEMORIAL DAY</p>	<p>31 FRITO CHILL PIE Steamy Corn Fruit Frito Corn Chips Crunchy Cookie</p>	<p>Visit our website www.tccsnp.com Follow us on Facebook</p> 	<p>A suggested \$2.00 Donation for meals. PLEASE reserve or call the site before 12:00pm to ensure your next day lunch reservation. Lunch is served at 11:30am at all locations.</p>	<p>For Transportation needs—for Tulsa County—call Tulsa County Sites. Creek County—call Cimarron Public Transit 800-789-7314</p>

TCCSNP CLOSED
for
MEMORIAL DAY



All nutrition Sites
are ADA accessible

800-789-7314