

November 2023

Menu



TULSA & CREEK
SENIOR NUTRITION

More Than A Meal

Cold Milk served with each meal

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Reservations Reserve a meal before 12:00pm to ensure your next day lunch reservation. Lunch is served at 11:30am at all locations.</p>	<p>Donations Our suggested donation is \$2.00 a meal. All donations are greatly appreciated and go toward food cost.</p>	<p>1 Chef Salad w/ a Boiled Egg Ham & Cheese Tomato Wedges Salad Greens Ranch Dressing Crackers Gelatin w/ Fruit</p>	<p>2 Pinto Beans w/ Ham Cooked Spinach Fruit Cornbread Cookie</p>	<p>3 Chicken Fried Chicken Gravy Mashed Potatoes Carrots Bread Fruit</p>
<p>6 Soft Tacos w/ Meat & Cheese Refried Beans Lettuce, Onion & Tomatoes Sour Cream Fruit</p>	<p>7 Chicken & Dressing Citrus Glazed Carrots Green Beans Pudding</p>	<p>27 Ham & Cheese Sandwich Marinated Vegetable Salad Lettuce & Tomato Mayo & Mustard Gelatin w/ Fruit</p>	<p>9 Sausage, Egg Casserole w/ Cheese Tater Tots Sausage Patty Warm Spiced Apples Biscuit & Gravy Cookie</p>	<p>10 Polish Coney w/ Chili & Onions Cheese Broccoli Salad Baked Beans Fruit</p>
<p>13 Teriyaki Beef Asian Vegetables Rice Fruit Cookie</p>	<p>14 Taco Salad w/ Ground Beef & Beans Salad Greens Tomato Wedges Tortilla Chips Pudding</p>	<p>15 Thanksgiving Turkey & Dressing w/Gravy Mashed Potatoes Cranberry Salad Green Beans Dinner Roll Pumpkin Dessert</p>	<p>16 Sloppy Joes Carrots Corn Hamburger Bun Fresh Fruit</p>	<p>17 Cheese Burger Cheese Slice, Lettuce, Tomato, & Onion Baked Beans Mayo & Mustard Fruit</p>
<p>20 Swedish Meatballs w/ Gravy Mashed Potatoes Carrots Bread Pudding</p>	<p>21 Hawaiian Chicken w/ Hawaiian Sauce Rice Green Beans Cookie</p>	<p>22 Chicken Tortilla Soup Side Salad Fruit Tortilla Chips Cookie</p>	<p>23 Closed</p> <p><i>Happy Thanksgiving</i></p>	<p>24 Closed</p>
<p>27 Baked Potato w/ Ham Shredded Cheese Broccoli Sour Cream Bread Fruit</p>	<p>28 Greek Chicken w/ Brown Rice Greek Salad Carrots Gelatin Cake</p>	<p>29 Meatloaf Mashed Potatoes Gravy Green Beans Bread Fruit</p>	<p>30 Chili con Carne w/ Beans Fiesta Corn Fresh Apple Crackers Cookie</p>	<p>Blessings <i>Autumn</i> SCHWEPS Autumn FALL Fruit CORN FALLING LEAVES Autumn colors</p>

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

Managed By:

sodexo