

November 2024



TULSA & GREEK
SENIOR NUTRITION
More Than A Meal

Menu

Cold Milk served with each meal

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Donations</u> Our suggested donation is \$2.00 a meal. All donations are greatly appreciated and go toward food cost.</p>	<p><u>Reservations</u> Reserve a meal before 12:00pm to ensure your next day lunch reservation. Lunch is served at 11:30am at all locations.</p>			<p>1 Chicken Tortilla Soup w/ Cheese Salad Greens Fresh Apple Tortilla Chips Ranch Dressing Dump Cake</p>
<p>4 Sloppy Joes 3 Bean Salad Potato Salad Hamburger Bun Pineapple & Cottage Cheese</p>	<p>5 Baked Chicken Glazed Carrots Green Beans Bread Pudding</p>	<p>6 Coney Dog w/ Chili, Cheese, & Onion Broccoli Salad Baked Beans Hot Dog Bun Fresh Apple</p>	<p>7 Loaded Potato Soup Side Salad Fruit Crackers Salad Dressing Impossible Pie</p>	<p>8 Fajita Chicken Burrito Fiesta Corn Refried Beans Tortilla Sour Cream Cookie</p>
<p>11 Jambalaya Rice Peas Fruit Pudding</p>	<p>12 Chicken Wrap w/ Lettuce Coleslaw Fruit Tortilla Cesar Dressing Cookie</p>	<p>13 Swedish Meatballs w/ Gravy Mashed Potatoes Savory Carrots Bread Fruit</p>	<p>14 Frito Chili Pie w/ Beans, Cheese, & Onions Fiesta Corn Fruit Chips in the Entrée Sour Cream Gelatin</p>	<p>15 Chef Salad w/ Egg, Ham & Cheese Tomato Wedges Salad Greens Crackers Pudding</p>
<p>18 Hamburger Stew Veggies in the Entrée Broccoli & Cauliflower Crackers Cookie</p>	<p>19 Pinto Beans w/ Ham Corn Fruit Cornbread Cookie</p>	<p>20 Turkey & Dressing w/ Gravy Mashed Potatoes Green Beans Cranberry Sauce Dinner Roll Pumpkin Dessert</p>	<p>21 Ham & Cheese Sandwich Lettuce & Tomato Marinated Vegetables Bread Mayo/Mustard Fruit</p>	<p>22 Egg Salad Pickled Beets Carrot-Raisin Salad Bread Muffin</p>
<p>25 Cheeseburger w/ Lettuce, Tomato & Onion Baked Beans Potato Wedges Mayo, Mustard, Ketchup Fruit</p>	<p>26 Gumbo Rice Side Salad Fruit Salad Dressing Pudding</p>	<p>27 Taco Salad w/ Ranch Beans, Meat & Cheese Tomato Wedges Salad Greens Tortilla Chips Sour Cream Cookie</p>	<p>28 Closed Happy Thanksgiving</p>	<p>29 Closed</p>

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

Managed By:

