

# September 2023



TULSA & CREEK  
SENIOR NUTRITION  
*More Than A Meal*

## Menu

Cold Milk served with each meal

Monday	Tuesday	Wednesday	Thursday	Friday
<p><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.</p>	<p><b>Donations</b> Our suggested donation is \$2.00 a meal. All donations are greatly appreciated and go toward food cost.</p>			<p>1 <b>White Beans</b> w/ Ham Tomato Spoon Relish Coleslaw Cornbread Fruit</p>
<p>4 <b>Closed</b></p> 	<p>5 <b>Frito Pie</b> w/ Chili, Corn Chips &amp; Cheese Fiesta Corn Fresh Apple Sour Cream Cookie</p>	<p>6 <b>Turkey Wrap</b> w/ Cheese Lettuce &amp; Tomato Glazed Carrots Tortilla Fruit</p>	<p>7 <b>Greek Chicken</b> w/ Brown Rice Greek Salad Hummus Pita Bread Pudding</p>	<p>8 <b>BBQ Pulled Pork</b> on a Bun Mixed Vegetables Potato Salad Fruit Crisp</p>
<p>11 <b>Cheese Burger</b> Cheese Slice, Lettuce, Tomato, &amp; Onion Baked Beans Fruit</p>	<p>12 <b>Chicken Salad Sandwich</b> Potato Salad Marinated Beets Cookie</p>	<p>13 <b>Fajita Chicken Burrito</b> Fiesta Corn Refried Beans Tortilla Spur Cream Gelatin w/ Fruit</p>	<p>14 <b>Loaded Potato Soup</b> Glazed Carrots Corn Crackers Pudding</p>	<p>15 <b>Beef Stew</b> Roasted Cauliflower Fruit Bread Fruit Crisp</p>
<p>18 <b>Polish Sausage</b> On a Bun Sauerkraut Baked Beans Fruit</p>	<p>19 <b>Buffalo Chicken Wrap</b> Lettuce &amp; Tomato Potato Salad Tortilla Mayo Pudding</p>	<p>20 <b>Chef Salad</b> w/ a Boiled Egg Ham &amp; Cheese Tomato Wedges Salad Mix Ranch Crackers Gelatin w/ Fruit</p>	<p>21 <b>Pinto Beans</b> Carrots Fruit Cornbread Cookie</p>	<p>22 <b>Chicken Fried Chicken</b> Gravy Mashed Potatoes Peas Bread Fruit</p>
<p>25 <b>Soft Tacos</b> Refried Beans Shredded Lettuce &amp; Carrots Cheese &amp; Sour Cream Fruit</p>	<p>26 <b>Chicken &amp; Noodles</b> Citrus Glazed Carrots Green Beans Pudding</p>	<p>27 <b>Ham &amp; Cheese</b> Marinated Vegetable Salad Lettuce &amp; Tomato Mayo &amp; Mustard Gelatin w/ Fruit</p>	<p>28 <b>Breakfast</b> w/ Boiled Egg Sausage Patty Biscuit &amp; Gravy Tater Tots Warm Spiced Apples Cookie</p>	<p>29 <b>Polish Coney</b> w/ Chili &amp; Onions Cheese Black Bean &amp; Corn Salad Baked Beans Fruit</p>

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

Managed By:

