

# September 2024



TULSA & CREEK  
SENIOR NUTRITION  
*More Than A Meal*

## Menu

Cold Milk served with each meal

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>CLOSED</b></p> <p>HAPPY LABOR DAY ★★★</p>	<p>3</p> <p><b>Chicken Salad</b> Black Bean &amp; Corn Salad Fruit Wheat Bread Gelatin</p>	<p>4</p> <p><b>Taco Salad</b> (Ranch Beans w/ Ground Beef &amp; Cheese) Salad Greens Tomato Wedges Tortilla Chips Pudding</p>	<p>5</p> <p><b>BBQ Pulled Pork</b> Potato Salad Carrots Hamburger Bun Fruit Crisp</p>	<p>6</p> <p><b>Orange Chicken</b> Asian Vegetables Fruit Rice Cookie</p>
<p>9</p> <p><b>Polish Sausage</b> Sauerkraut Baked Beans Hot Dog Bun Fruit</p>	<p>10</p> <p><b>Frito Chili Pie w/ Beans, Cheese &amp; Onions</b> Fiesta Corn Fruit Corn Chips in the Entrée Gelatin</p>	<p>11</p> <p><b>Sloppy Joes</b> Savory Carrots Peas Hamburger Bun Fresh Fruit</p>	<p>12</p> <p><b>Pinto Beans w/ Diced Ham</b> Tomato Spoon Relish Coleslaw Cornbread Fruit</p>	<p>13</p> <p><b>Chicken Pasta Salad</b> Pickled Beets Fruit Pudding</p>
<p>16</p> <p><b>Ham Salad</b> Marinated Vegetables Broccoli Salad Bread Gelatin</p>	<p>17</p> <p><b>Chicken Tetrizzini</b> Pasta in the Entrée Green Beans Fruit Pudding</p>	<p>18</p> <p><b>Salisbury Steak</b> Masked Potatoes &amp; Gravy Savory Carrots Bread Fruit</p>	<p>19</p> <p><b>Baked Potato w/ Ham &amp; Cheese</b> Broccoli Bread Fruit</p>	<p>20</p> <p><b>Chicken Tortilla Soup w/ Cheese Salad</b> Fresh Apple Tortilla Chips Dump Cake</p>
<p>23</p> <p><b>Sloppy Joes</b> 3 Bean Salad Potato Salad Hamburger Bun Pineapple &amp; Cottage Cheese</p>	<p>24</p> <p><b>Baked Chicken</b> Glazed Carrots Vegetable Medley Bread Pudding</p>	<p>25</p> <p><b>Polish Coney Dog w/ Chili, Cheese &amp; Onions</b> Broccoli Salad Baked Beans Hot Dog Bun Fresh Apple</p>	<p>26</p> <p><b>Loaded Baked Potato Soup</b> Green Beans Fruit Crackers Cookie</p>	<p>27</p> <p><b>Fajita Chicken Burrito</b> Fiesta Corn Black Beans Tortilla Gelatin</p>
<p>30</p> <p><b>Rasta Pastalya</b> Pasta in the Entrée Side Salad Fruit Pudding</p>			<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>

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

Managed By:

