



# September 2022



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><b>Join Us For Lunch!</b></p> 	<p>1 <b>Gumbo</b> w/ Rice Glazed Carrots Bahama Blend Fruit Crip</p>	<p>2 <b>Chicken Salad Sandwich</b> Marinated Vegetables Fruit Pudding</p>
<p>5 <b>CLOSED</b></p>  <p>HAPPY LABOR DAY ★★★</p>	<p>6 <b>Beef Stroganoff</b> Peas Corn Fruit</p>	<p>7 <b>BBQ Pulled Pork</b> on a Bun Potato Salad Catalina Blend Fruit Crip</p>	<p>8 <b>Pinto Beans</b> w/ Ham Carrots Cooked Spinach Cornbread Cookie</p>	<p>9 <b>Steak Fingers</b> w/ White Gravy Mashed Potatoes Tuscan Blend Bread Fruit</p>
<p>12 <b>Soft Tacos</b> Refried Beans Shredded Lettuce &amp; Carrots Cheese &amp; Sour Cream Fruit</p>	<p>13 <b>Spaghetti w/ Meat Sauce</b> Glazed Carrots Broccoli Cottage Cheese &amp; Pineapple</p>	<p>14 <b>Ham &amp; Cheese Sandwich</b> Lettuce &amp; Tomato Pea Salad Gelatin w/ Fruit</p>	<p>15 <b>Breakfast Casserole</b> w/ Eggs, Cheese, Hashbrowns, and Sausage Patty Warm Spiced Apples Biscuit &amp; Gravy Muffin</p>	<p>16 <b>Coney Dog</b> w/ Chili &amp; Onions Potato Wedges Fruit Pudding</p>
<p>19 <b>BBQ Chicken Sandwich</b> Potato Wedges Carrots Fruit</p>	<p>20 <b>Taco Salad</b> Seasoned Ground Beef / Ranch Beans Salad includes Carrots Tomato Wedges Tortilla Chips Gelatin w/ Fruit</p>	<p>21 <b>Baked Potato</b> w/ Ham Shredded Cheese Broccoli Sour Cream Cookie</p>	<p>22 <b>Egg Salad Sandwich</b> on Wheat Bread Pickled Beets Pea Salad Fruit</p>	<p>23 <b>Pinto Beans</b> w/ Ham Tomato Spoon Relish Coleslaw Cornbread Peaches</p>
<p>26 <b>Breaded Chicken</b> Au Gratin Potatoes Lettuce &amp; Tomato Pudding</p>	<p>27 <b>Polish Sausage</b> On a Bun Sauerkraut Baked Beans Fruit Crip</p>	<p>28 <b>Chef Salad</b> w/ Egg Ham &amp; Cheese Tomato Wedges Crackers Ranch Salad Dressing Peaches</p>	<p>29 <b>4-Way Chili</b> Chili, Beans, Cheese &amp; Onions Spaghetti Corn Green Beans Gelatin w/ Fruit</p>	<p>30 <b>Salisbury Steak</b> Mashed Potatoes w/ Gravy Glazed Carrots Bread Cottage Cheese &amp; Pineapple</p>

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

Managed By:

 sodexo