

August 2022



TULSA & CREEK
SENIOR NUTRITION
More Than A Meal

Menu

Cold Milk served with each meal

Monday	Tuesday	Wednesday	Thursday	Friday
1 Soft Tacos Refried Beans Shredded Lettuce & Carrots Cheese & Sour Cream Fruit	2 Spaghetti w/ Meat Sauce Glazed Carrots Broccoli Cottage Cheese & Pineapple	3 Ham & Cheese Sandwich Lettuce & Tomato Pea Salad Gelatin w/ Fruit	4 Breakfast Casserole w/ Eggs, Cheese, Hashbrowns, and Sausage Patty Warm Spiced Apples Biscuit & Gravy Muffin	5 Coney Dog w/ Chili & Onions Potato Wedges Fruit Pudding
8 BBQ Chicken Sandwich Potato Wedges Carrots Fruit	9 Taco Salad Seasoned Ground Beef / Ranch Beans Salad includes Carrots Tomato Wedges Tortilla Chips Gelatin w/ Fruit	10 Baked Potato w/ Ham Shredded Cheese Broccoli Sour Cream Cookie	11 Egg Salad Sandwich on Wheat Bread Pickled Beets Pea Salad Fruit	12 Pinto Beans w/ Ham Tomato Spoon Relish Coleslaw Cornbread Peaches
15 Breaded Chicken Patty Sandwich Au Gratin Potatoes Lettuce & Tomato Pudding	16 Polish Sausage On a Bun Sauerkraut Baked Beans Fruit Crisp	17 Chef Salad w/ Egg Ham & Cheese Tomato Wedges Crackers Ranch Salad Dressing Peaches	18 4-Way Chili Chili, Beans, Cheese & Onions Spaghetti Corn Green Beans Gelatin w/ Fruit	19 Salisbury Steak Mashed Potatoes w/ Gravy Glazed Carrots Bread Cottage Cheese & Pineapple
22 Chicken Parmesan Spaghetti w/ Sauce Cheese Italian Blend Fruit Pudding	23 Frito Chili Pie w/ Chili, Corn Chips & Cheese Fiesta Corn Fruit Sour Cream Cookie	24 Beef & Noodles Carrots Peas Gelatin	25 Greek Chicken w/ Rice Greek Salad Hummus Pita Bread Fruit	26 Sloppy Joes on a Bun Broccoli Cauliflower Fruit
29 Cheeseburger Lettuce, Tomato, Onion & Cheese Baked Beans Mustard / Mayo Fruit	30 Baked Potato w/ Ham Shredded Cheese Broccoli Sour Cream Cookie	31 Pork Carnitas Mashed Potatoes w/ Gravy Green Beans Wheat Bread Gelatin w/ Fruit	Reservations Reserve a meal before 12:00pm to ensure your next day lunch reservation. Lunch is served at 11:30am at all locations.	Donations Our suggested donation is \$2.00 a meal. All donations are greatly appreciated and go toward food cost.

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

Managed By:

sodexo