

# December 2018

TULSA & CREEK COUNTIES

**SENIOR  
NUTRITION**

sodexo

## MONDAY

3  
**BEEF ENCHILADAS  
w/CHEESE**  
Fiesta Corn  
Refried Beans  
Tortilla in Entrée  
Diced Peaches

## TUESDAY

4  
**HEARTY CHILI w/  
BEANS & GROUND  
BEEF**  
Green Beans  
Hominy  
Saltine Crackers  
Cookie

## WEDNESDAY

5  
**CHEF SALAD w/ DICED  
TURKEY HAM  
& CHEESE**  
Boiled Egg / Tomato  
Salad w/Ranch  
Club Crackers  
Gelatin w/Fruit

## THURSDAY

6  
**BREADED CHICKEN  
PATTY SANDWICH**  
With Mayo  
Au Gratin Potatoes  
Lettuce & Tomato  
Wheat Bread  
Pudding

## FRIDAY

7  
**SAUSAGE & CREAM  
GRAVY w/Biscuit**  
Oven Fried  
Potato Wedges  
Boiled Egg  
Warm Spiced Apple  
Sauce  
Blueberry Muffin

10

**SALISBURY STEAK  
w/MUSHROOM GRAVY**  
Mashed Potatoes  
Carrots  
Wheat Bread  
Pudding

11

**CHICKEN A LA KING**  
Broccoli  
Cheesy Cauliflower  
Rice  
Mixed Fruit

12

**MEXICAN CASSEROLE  
w/CHEESE**  
Refried Beans  
Lettuce & Carrots  
w/Taco Sauce  
Tortilla  
Gelatin Cake

13

**PINTO BEANS  
w/DICED TURKEY HAM**  
Tomato Spoon Relish  
Coleslaw  
Cornbread  
Diced Peaches

14

**Beef and Cabbage  
Casserole w/ Cheese**  
Carrots  
Spiced-  
Potato Wedges  
Wheat Bread  
Mandarin Orange  
Gelatin

17

**POLISH SAUSAGE**  
Sauerkraut  
Baked Beans  
Bun  
Pudding  
Mustard

18

**MEAT LOAF**  
Mashed Potatoes  
w/Brown Gravy  
Capri Blend  
Bread  
Pineapple w/  
Cottage Cheese

19

**BAKED HAM**  
Yams  
Green Beans  
Dinner Roll  
Cookie

20

**BBQ Riblet**  
Sweet Carrots  
Whole Kernel Corn  
Wheat Bread  
Cookie

21

**GROUND BEEF & NOODLES**  
Pasta in Entrée  
Green Beans  
Warm Diced Beets  
Diced Pears

24

**Sites Closed**

25

**Sites Closed**



26

**CHICKEN & NOODLES**  
Pasta in Entrée  
Green Beans  
Broccoli  
Pudding

27

**OVEN BAKED  
CHICKEN THIGHS**  
Scalloped Potatoes  
Sweet Carrots  
Bread  
Gelatin

28

**SAUSAGE & CREAM GRAVY w/  
BISCUIT & BOILED EGG**  
Oven Fried Potato  
Wedges  
Warm Spiced Apples  
Blueberry Muffin

31

**CHEESEBURGER**  
Baked Beans  
Lettuce & Tomato Slice  
Hamburger Bun  
Mustard  
Pudding