

December 2017

TULSA & CREEK COUNTIES

**SENIOR
NUTRITION**

Managed by

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

EGG SALAD SANDWICH
Black Bean & Corn Salad
Applesauce
Wheat Bread

4

POLISH SAUSAGE w/ SAUERKRAUT
Baked Beans
Bun/ Mustard
Cookie

5

CHICKEN PASTA SALAD w/Pasta in Entrée
Marinated Veggies
Pineapple tidbits
Chocolate Pudding

6

HAM & CHEESE SANDWICH
w/Mayo, Lettuce, & Tomato Slice
Pea Salad
Bread

7

BBQ RIBLETT
Carrots
Whole Kernel Corn
Wheat Bread
Cookie

8

LOADED POTATO SOUP w/Turkey Ham w/ Shredded Cheese
Applesauce
Saltine Crackers
Pudding

11

PENNE PASTA w/ PESTO & ITALIAN SAUSAGE
Carrots
Broccoli
Pasta in Entree

12

NAVY BEANS w/ DICED TURKEY HAM
Tomato Spoon Relish
Coleslaw
Cornbread

13

OVEN BAKED CHICKEN THIGHS
Scalloped Potatoes
Sweet Carrots
Bread
Gelatin

14

SAUSAGE & CREAM GRAVY w/ BISCUIT
Boiled Egg
Oven Fried Potato
Wedges
Warm Apple Sauce

15

SLOPPY JOE SANDWICH
Sweet Corn
Green Peas
Hamburger Bun
Strawberry Gelatin

18

CHEESEBURGER
Baked Beans
Lettuce & Tomato Slice
Hamburger Bun
Mustard & Cookie

19

TACO SALAD
w/Ground Meat, Ranch Beans, Shredded Cheese
Salad w/Carrots
Tomato Wedge and Tortilla Chips

20

Baked Ham
Yams
Green Beans
Dinner Roll
Seasonal Cookie

21

HEARTY BEEF CHILI w/BEANS
Peas
Buttered Hominy
Saltine Crackers

22

BALLPARK HOT DOG
Potato Wedges
Sauerkraut
Hot Dog Bun
Mustard
Cookie

25

Sitz Closed

26

Sitz Closed

27

BEEF FRITTER
With Cream Gravy
Mashed Potatoes
Green Beans
Wheat Bread
Cookie

28

SPAGHETTI
With Meat Sauce
Pasta in Entree
Warm Applesauce
Italian Blend

29

SWISS STEAK
With Swiss Sauce
Corn
Cooked Rice
Cookie