

February 2026

Menu



TULSA & GREEK
SENIOR NUTRITION
More Than A Meal

Cold Milk served with each meal

Monday	Tuesday	Wednesday	Thursday	Friday
2 Biscuit & Gravy w/ Boiled Egg Hashbrown Casserole Warm Spiced Apples Muffin	3 White Chicken Chilli Mixed Vegetables Fruit Crackers Pudding	4 Ham & Cheese Baked Potato Broccoli Crackers Sour Cream Fruit	5 Chicken Tortilla Soup w/ Cheese Salad Greens Fruit Tortilla Chips Ranch Dressing Muffin	6 Egg Salad Pickled Beets Carrot & Raisin Salad Bread Gelatin
9 Hawaiian Chicken Glazed Carrots Hawaiian Sauce Rice Cookie	10 Frito Chili Pie w/ Beans, Cheese, & Onions Fiesta Corn Fruit Chips in the Entrée Sour Cream Gelatin	11 Chicken Pot Pie Vegetable Medley Fruit Biscuit Banana Pudding	12 Pinto Beans w/ Ham Mixed Greens or Spinach Fruit Cornbread Cookie	13 Chef Salad w/ Egg, Ham & Cheese Tomato Wedges Salad Greens Crackers Applesauce
16 Polish Coney Dog w/ Chili, Cheese, & Onion Broccoli Salad Baked Beans Hot Dog Bun Fruit President's ★DAY★	17 Pasta w/ Meat Sauce Italian Vegetables Whole Fresh Apple Pasta in the Entrée Gelatin	18 Chicken Fried Chicken w/ Gravy Mashed Potatoes Green Beans Bread Cookie	19 Ham & Cheese Scalloped Potatoes Carrots Fruit Wheat Bread Pudding	20 Fajita Chicken Salad Black Bean & Corn Salad Tortilla Chips Sour Cream Taco Sauce Cookie
23 Soft Tacos Taco Meat Shredded Cheese Pico de Gallo/Chunky Salsa Refried Beans Fruit	24 Chili 4 Way Corn Fruit Pasta in the Entrée Gelatin	25 Cheese Burger w/ Lettuce, Tomato, & Onion Baked Beans Hamburger Bun Fruit	26 Gumbo w/ Chicken & Sausage Salad Rice Cookie	27 Ham & Cheese Sandwich Lettuce & Tomato Tomato Soup Bread Fruit
BLACK HISTORY MONTH	"The Time is Always Right to Do What Is Right" -Dr. Martin Luther King Jr.		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:

