

# June 2026

## Menu



TULSA & CREEK  
SENIOR NUTRITION

Cold Milk served with each meal

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Polish Sausage</b> Sauerkraut Baked Beans Hot Dog Bun Fruit	2 <b>Boiled Egg &amp; Sausage Patty</b> Hashbrown Casserole Warm Spiced Apples Biscuit & Gravy Muffin	3 <b>Sloppy Joes</b> Green Beans Savory Carrots Hamburger Bun Pudding	4 <b>Enchilada Casserole</b> Fiesta Corn Fruit Tortilla Chips Jello	5 <b>Chicken Caesar Wrap</b> Lettuce Pickled Beets Fruit Cookie
8 <b>Chicken &amp; Noodles</b> Peas Fruit Cookie	9 <b>Swiss Steak</b> Swiss Sauce Mashed Potatoes Bread Pudding	10 <b>Ham &amp; Cheese Baked Potato</b> Broccoli Crackers Fruit	11 <b>Chicken Tortilla soup</b> w/ Cheese Salad Greens Fruit Tortilla Chips Muffin	12 <b>Egg Salad</b> Pickle Beets Carrot & Raisin Salad Bread Cookie
15 <b>Chicken, Bacon Ranch Pasta</b> Glazed Carrots Green Beans Pasta in the Entrée Cookie	16 <b>Frito Chili Pie w/ Beans, Cheese, &amp; Onions</b> Fiesta Corn Fruit Chips in the Entrée Gelatin	17 <b>Chicken Pot Pie</b> Veggies in the Entrée Fruit Biscuit Banana Pudding	18 <b>Navy Beans w/ Ham</b> Mixed Greens or Spinach Fruit Cornbread Cookie	19 <b>Chef Salad w/ Egg, Ham &amp; Cheese</b> Tomato Wedges Salad Greens Crackers Applesauce
22 <b>Polish/Beef Coney w/ Chili, Cheese &amp; Onions</b> Broccoli Salad Baked Beans Hot Dog Bun Fruit	23 <b>Pasta w/ Meat Sauce or Meatballs</b> Whole Fresh Apple Italian Vegetables Past in the Entrée Gelatin	24 <b>White Chicken Chili</b> Vegetable Medley Fruit Crackers Cookie	25 <b>Ham &amp; Cheese Scalloped Potatoes</b> Carrots Fruit Bread Pudding	26 <b>Tuna Salad</b> Lettuce & Tomato Black Bean & Corn Salad Bread Mayonnaise Cookie
29 <b>Soft Tacos</b> Shredded Cheese Refried Beans Pico de Galo/Chucky Salsa Tortilla Fruit	30 <b>Cheeseburger</b> Lettuce, Tomato & Onion Baked Beans Hamburger Bun Pudding		<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.	<b>Donations</b> Our suggested donation is \$3.00 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:

