

September 2025

Menu

Cold Milk served with each meal



TULSA & CREEK
SENIOR NUTRITION
More Than A Meal

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed  HAPPY LABOR DAY ★★★	2 Greek Chicken Greek Vegetable Salad Fruit Rice Cookie	3 Pasta w/ Meat Sauce Italian Vegetables Whole Fresh Apple Pasta in the Entrée Gelatin	4 Frito Chili Pie w/ Beans, Cheese, & Onions Fiesta Corn Carrots Chips in the Entrée Sour Cream Fruit	5 Fajita Chicken Salad Black Bean & Corn Salad Tortilla Chips Sour Cream Taco Sauce Cookie
8 Asian Chicken Salad Rice Salad Mix Asian Glazed Carrots Pudding	9 Chili 4 Way Corn Fruit Pasta in the Entrée Gelatin	10 Cheese Burger w/ Lettuce, Tomato, & Onion Potato Salad Mayo, Mustard, Ketchup Fruit	11 Chicken Fried Chicken w/ Gravy Mashed Potatoes Green Beans Bread Fruit	12 Ham & Cheese Sandwich Lettuce & Tomato Pea Salad Bread Mayo/Mustard Fruit
15 BBQ Chicken Corn Savory Carrots Hamburger Bun BBQ Sauce Gelatin	16 Pinto Beans w/ Ham Tomato Spoon Relish Coleslaw Cornbread Fruit	17 Taco Salad w/ Ranch Beans, Meat & Cheese Tomato Wedges Salad Greens Tortilla Chips Sour Cream Cookie	18 BBQ Riblet Broccoli Salad Green Beans Hamburger Bun Pudding	19 Chicken Salad Marinated Vegetable Salad Potato Salad Bread Cookie
22 Polish Sausage Sauerkraut Baked Beans Hot Dog Bun Fruit	23 Biscuit & Gravy w/ Boiled Egg Sausage Patty Potato Wedges Warm Spiced Apples Cookie	24 Sloppy Joes Pickled Beets Savory Carrots Hamburger Bun Pudding	25 Enchilada Casserole Fiesta Corn Fruit Tortillas in the Entrée Salsa Cookie	26 Chicken Cesar Wrap w/ Lettuce Coleslaw Fruit Tortilla Wrap Cesar Dressing Pudding
29 Beef & Cabbage Casserole Corn Fruit Crackers Pudding	30 Chicken Tortilla Soup w/ Cheese Salad Greens Fruit Tortilla Chips Ranch Dressing Muffin		<u>Reservations</u> Reserve a meal before 12:00pm to ensure your next day lunch reservation. Lunch is served at 11:30am at all locations.	<u>Donations</u> 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**