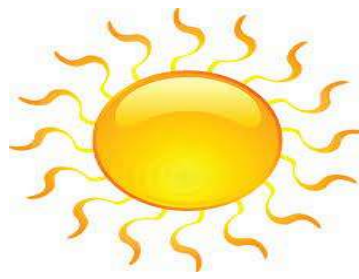


# June 2017



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
---------------	----------------	------------------	-----------------	---------------



1

**SPAGHETTI w/  
MEAT SAUCE**  
Italian Blend  
Warm Applesauce  
Pasta in Entree

2

**SWISS STEAK**  
w/ Swiss Sauce  
Corn  
Steamed Rice  
Cookie

5

**PENNE PASTA w/  
PESTO AND ITALIAN  
SAUSAGE**  
Carrots  
Winter Blend  
Pasta in Entree

6

**SAUSAGE GUMBO**  
Veggies in Entrée  
Green Beans  
Rice  
Cookie

7

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

8

**HEARTY CHILI  
w/BEANS &  
GROUND BEEF**  
Peas  
Cooked Hominy  
Saltine Crackers

9

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

12

**BEEF STEW**  
Broccoli  
Veggies in Entrée  
Crackers  
Mixed Fruit

13

**EGG SALAD  
SANDWICH**  
Black Bean  
& Corn  
Applesauce  
Wheat Bread

14

**MEXICAN CASSE-  
ROLE w/CHEESE**  
Vegetables in Entree  
Lettuce & Carrots w/  
Ranch  
Tortilla  
Gelatin Cake

15

**PINTO BEANS  
w/ Diced Turkey  
Ham**  
Tomato Spoon  
Relish  
Coleslaw  
Cornbread

16

**CHICKEN PASTA  
SALAD w/Pasta in  
Entrée**  
cucumber &  
tomatoes  
Pineapple tidbits  
Cookie

19

**POLISH SAUSAGE**  
Sauerkraut  
Baked Beans  
Bun  
Cookie

20

**CHICKEN POT  
PIE**  
Veggie in Entree  
Harvard Beets  
Biscuit  
Gelatin

21

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

22

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

23

**PIMENTO CHEESE**  
Three Bean Salad  
Applesauce  
Bread

26

**SALISBURY  
STEAK W/GRAVY**  
Mashed Potatoes  
Green Beans  
Wheat Bread  
Cookie

27

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

28

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

29

**SAUSAGE & CREAM  
GRAVY w/BISCUIT &  
BOILED EGG**  
Oven Fried Potato  
Wedges  
Warm Apple Sauce

30

**SLOPPY JOE SAND-  
WICH**  
Sweet Corn  
Green Peas  
Hamburger Bun  
Gelatin w/fruit

# DECEMBER 2016

When Reheating a home delivered meal, reheat to 165 degrees in the oven or place the meal in a microwave safe container and reheat to 165 degree in the microwave, checking the temperature every 15 seconds.

**How to Join:** You must have 60 years of lifetime experience or the spouse of someone attending. Completing a participant information packet makes you an official member.

## Criteria for Home Delivered Meals

Medically homebound & unable to leave your home without the assistance of another person. An Assessment has to be done by an outreach worker in your home to determine eligibility. Please call the Tulsa Office 918-835-4160.

**This program is funded by:** Older Americans Act Grant from the IN-COG Area Agency on Aging, and Participant Donations

t t v y g y p t s k e s y d o a l r o y  
 g a j l n e t i r s n l p z i f z i f s  
 c f n w i k u a e l p o e p u t e n e l  
 e r c o v r w r l z u r p f y e w a h t  
 p i o l i u o a a l e a n m a e t s p g  
 i e u s g t h l t t n c h r i s t m a s  
 m n n t s v a r i e t y f r n s j i r o  
 u d t a k c y r v e r o o a t s n o t n  
 e s e e n t o a e d o l c e s w l o y g  
 t i r m a a e n s d a k p r e s e n t s  
 g c t e h l i s t c o s t i u r f c t l  
 f k o e t k u a w a e m g s g h t s e f  
 s e p e p w b o t c m h h p f i o a o s  
 e b s m a l l p o r t i o n s r v t e t  
 r h u s e g g n o g s l n i h e e i r p  
 e p h f a y d t e m p e r a t u r e o g  
 n n r c f s e o e p l a m a t o s e z f  
 k y o j n e a s o s e l b a t e g e v e  
 o r l a l u t l e f l l j s d z t g g r  
 t e i v e t p e s h e a t f u l l y w h

crosscontaminate  
 temperature  
 countertops  
 people  
 christmas  
 foodtable  
 lowcalorie  
 talk  
 gainweight  
 eggnog  
 fizfiz  
 ham  
 presents  
 joy

store  
 safe  
 poultry  
 food  
 buffet  
 enjoy  
 moderation  
 eatslowly  
 fruits  
 punch  
 eatsnack  
 desert  
 tree  
 carols

leftovers  
 meat  
 freeze  
 party  
 leave  
 smallportions  
 songs  
 guest  
 vegetables  
 water  
 pumpkin  
 heatfully  
 friends

thaw  
 wash  
 raw  
 thanksgiving  
 seconds  
 variety  
 stories  
 leanmaets  
 plopplop  
 turkey  
 sick  
 relatives

## ▪ REMINDERS ▪

- Sites will be Closed December 23rd and 26th for Holiday