

# September 2017

TULSA & CREEK COUNTIES

**SENIOR  
NUTRITION**

Managed by

**sodexo**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

**SAUSAGE & CREAM  
GRAVY w/BISCUIT**

Oven Fried  
Potato Wedges  
Boiled Egg  
Warm Spiced Apple  
Sauce

4

**Closed  
Labor Day**

5

**SALISBURY STEAK  
W/MUSHROOM  
GRAVY**

Mashed Potatoes  
Green Beans  
Wheat Bread  
Pudding

6

**MEXICAN CASSEROLE  
w/CHEESE**

Vegetables in Entree  
Lettuce & Carrots w/  
Ranch  
Tortilla  
Gelatin Cake

7

**PINTO BEANS  
w/DICED TURKEY HAM**

Tomato Spoon Relish  
Coleslaw  
Cornbread

8

**EGG SALAD  
SANDWICH**

Black Bean  
& Corn Salad  
Applesauce  
Wheat Bread

11

**POLISH SAUSAGEW/  
SAUERKRAUT**

Baked Beans  
Bun/Mustard  
Cookie

12

**CHICKEN PASTA  
SALAD w/Pasta in  
Entrée**

Marinated Veggies  
Pineapple tidbits  
Chocolate Pudding

13

**HAM & CHEESE  
SANDWICH**

w/Mayo, Lettuce,  
& Tomato Slice  
Pea Salad  
Bread

14

**BBQ RIBLETT**

Carrots  
Whole Kernel Corn  
Wheat Bread  
Cookie

15

**PIMENTO CHEESE**

Three Bean Salad  
Applesauce  
Bread

18

**PENNE PASTA w/  
PESTO& ITALIAN  
SAUSAGE**

Carrots  
Broccoli  
Pasta in Entree

19

**NAVY BEANS w/  
DICED TURKEY HAM**

Tomato Spoon Relish  
Coleslaw  
Combread

20

**OVEN BAKED  
CHICKEN THIGHS**

Scalloped Potatoes  
Sweet Carrots  
Bread  
Gelatin

21

**SAUSAGE & CREAM  
GRAVY w/ BISCUIT**

Boiled Egg  
Oven Fried Potato  
Wedges  
Warm Apple Sauce

22

**SLOPPY JOE  
SANDWICH**

Sweet Corn  
Green Peas  
Hamburger Bun  
Strawberry Gelatin

25

**CHEESEBURGER**

Baked Beans  
Lettuce & Tomato Slice  
Hamburger Bun  
Mustard &  
Cookie

26

**TACO SALAD**

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

27

**ROAST PORK**

Mashed Potatoes  
with Gravy  
Sweet Carrots  
Wheat Bread  
Cookie

28

**BREADED CHICKEN  
PATTY SANDWICH**

With Mayo  
Au Gratin Potatoes  
Lettuce & Tomato  
Wheat Bread

29

**BALLPARK  
HOT DOG**

Spiced Potato Wedges  
Sauerkraut  
Hot Dog Bun  
Mustard  
Cookie