

# October 2018

TULSA & CREEK COUNTIES

SENIOR  
NUTRITION

Managed By

sodexo

## MONDAY

**SLOPPY JOE SANDWICH**  
Sweet Corn  
Green Peas  
Hamburger Bun  
Tropical Fruit

## TUESDAY

2  
**NAVY BEANS w/DICED TURKEY HAM**  
Tomato Spoon Relish  
Coleslaw  
Combread  
Pineapple Tidbits

## WEDNESDAY

3  
**OVEN BAKED CHICKEN THIGHS**  
Scalloped Potatoes  
Sweet Carrots  
Bread  
Gelatin

## THURSDAY

4  
**SAUSAGE & CREAM GRAVY w/BISCUIT & BOILED EGG**  
Oven Fried Potato Wedges  
Warm Spiced Apples  
Blueberry Muffin

## FRIDAY

5  
**CHICKEN & NOODLES**  
Pasta in Entree  
Green Beans  
Broccoli  
Pudding

8

**CHEESEBURGER**  
Baked Beans  
Lettuce & Tomato Slice  
Hamburger Bun  
Mustard  
Banana Pudding

9

**TACO SALAD**  
w/Ground Meat,  
Ranch Beans, Shredded  
Cheese Salad w/Carrots  
Tomato Wedge  
Tortilla Chips  
Pineapple w/Cottage  
Cheese

10

**BALLPARK HOT DOG**  
Spiced Potato  
Wedges  
Sauerkraut  
Hot Dog Bun  
Mustard  
Lime Gelatin w/ Diced  
Pears

11

**PENNE PASTA w/ PESTO & ITALIAN SAUSAGE**  
Corn  
Pasta in Entrée  
Chocolate Pudding

12

**ROAST PORK**  
Mashed Potatoes  
with Gravy  
Sweet Carrots  
Bread  
Cookie

15

**BBO CHICKEN SANDWICH w/BUN**  
Green Beans  
Cauliflower w/Cheese  
Pudding

16

**BUTTER BEANS w/DICED TURKEY HAM**  
Cooked Carrots  
Cooked Cabbage  
Combread  
Blueberry Muffin

17

**BEEF STEW**  
Broccoli  
Warm Spiced-  
Apples  
Bread  
Cookie

18

**SPAGHETTI w/MEAT SAUCE**  
Pasta in Entree  
Wheat Bread  
Corn  
Italian Blend  
Cookie

19

**SALISBURY STEAK w/ SWISS SAUCE**  
Rice  
Capri Blend  
Mixed Fruit

22

**BEEF ENCHILADAS w/ CHEESE**  
Fiesta Corn  
Refried Beans  
Tortilla in Entrée  
Diced Peaches

23

**HEARTY CHILI w/ BEANS & GROUND BEEF**  
Green Beans  
Hominy  
Saltine Crackers  
Cookie

24

**CHEFSALAD w/DICED TURKEY HAM & CHEESE**  
Boiled Egg / Tomato  
Salad w/Ranch  
Club Crackers  
Gelatin w/Fruit

25

**BREADED CHICKEN PATTY SANDWICH**  
With Mayo  
Au Gratin Potatoes  
Lettuce & Tomato  
Wheat Bread  
Pudding

26

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

29

**SALISBURYSTEAK w/ MUSHROOM GRAVY**  
Mashed Potatoes  
Carrots  
Wheat Bread  
Pudding

30

**CHICKEN A LA KING**  
Broccoli  
Cheesy Cauliflower  
Rice  
Mixed Fruit

31

**MEXICAN CASSEROLE w/CHEESE**  
Refried Beans  
Lettuce & Carrots  
w/Taco Sauce  
Tortilla  
Gelatin Cake