

May 2019

TULSA & CREEK COUNTIES

SENIOR NUTRITION

Managed By

sodexo

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
OVEN BAKED CHICKEN THIGHS
Scalloped Potatoes
Sweet Carrots
Bread
Gelatin

2
SAUSAGE & CREAM GRAVY w/BISCUIT BOILED EGG
Oven Fried Potato Wedges
Warm Apple Sauce
Blueberry Muffin

3
GOUND BEEF& NOODLES
Pasta in Entree
Green Beans
Cauliflower w/ Cheese
Pudding

6
CHEESEBURGER
Baked Beans
Lettuce & Tomato Slice
Hamburger Bun
Mustard & Pudding

7
TACO SALAD
w/Ground Meat, Ranch Beans, and Shredded Cheese
Salad w/Carrots and Tomato Wedge
Tortilla Chips
Pineapple w/Cottage

8
LOADED POTATO SOUP w/Potatoes &Shredded Cheese
Green Beans
Saltine Crackers
Pudding

9
PENNE PASTA w/BASIL PESTO AND ITALIAN SAUSAGE
Corn
Italian Blend
Pasta in Entrée
Parm. Cheese
Gelatin w/Fruit

10
Birthday Potluck Luncheon 11:30 BA Senior Center

13
Chicken Breast
Green Beans
Hawaiian Sauce
Rice
Pudding

14
BUTTER BEANS w/DICED TURKEY HAM
Cooked Carrots
Cooked Spinach
Combread
Blueberry Muffin

15
BEEF STEW
Broccoli
Warm Apples
Crackers
Cookie

16
Italian Casserole
Italian Sausage
Italian Blend
Corn
Pasta in Entrée
Cookie
Parm. Cheese

17
SWISS STEAK
With Swiss Sauce
Capri Blend
Cooked Rice
Mixed Fruit

20
BEEF ENCHI-LADAS w/CHEESE
Fiesta Corn
Refried Beans
Tortilla in Entrée
Diced Peaches

21
HEARTY CHILI w/ BEANS & GROUND BEEF
Warm Spiced Pineapple
Hominy
Saltine Crackers
Cookie

22
CHEF SALAD w/ DICED TURKEY HAM & CHEESE
Boiled Egg / Tomato
Salad w/Ranch
Club Crackers
Gelatin w/Fruit

23
BBQ RIBLETT
Carrots
Whole Kernel Corn
Mac and Cheese
Gelatin Cake

24
SAUSAGE & CREAM GRAVY w/BISCUIT BOILED EGG
Oven Fried Potato Wedges
Warm Apple Sauce
Blueberry Muffin

27
Sites Closed

28
Sloppy Joes
Corn
Peas
Bun
Tropical Fruit

29
MEXICAN CAS-SEROLE w/CHEESE
Refried Beans
Lettuce & Carrots w/ Ranch
Tortilla
Gelatin Cake

30
PINTO BEANS w/DICED TURKEY HAM
Tomato Spoon Relish
Coleslaw
Cornbread
Diced Peaches

31
Beef and Cabbage Casserole w/ Cheese
Carrots
Spiced Potato- Wedges
Wheat Bread
Gelatin w/Fruit