

# February 2020

TULSA & CREEK COUNTIES

**SENIOR**  
NUTRITION

Managed By

**sodexo**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cold Milk served with each meal every day.</b>				
<b>3 ZESTY BBQ</b> Chicken Sandwich Tender Green Beans Warm Spiced Pineapple Bun Crispy Cookie	<b>4 TACO SALAD</b> with Seasoned Ground Meat Tasty Ranch Beans Shredded Cheese Fresh Salad includes Shredded Carrots Tomato Wedge Crispy Tortilla Chips Taco Sauce Creamy Pudding	<b>5 HEARTY BEEF and NOODLES</b> Tender Green Beans Velvety Broccoli & Cheese Crunchy Cookie	<b>6 SEASONED PINTO BEANS</b> with Diced Ham Flavorful Tomato Spoon Relish Coleslaw Yummy Cornbread Sweet Diced Peaches	<b>7 STEAMY BEEF &amp; CABBAGE CASSEROLE</b> with Cheese Nutritious Carrots Spiced Potato Wedges Wheat Bread Jiggly Gelatin with Fruit
<b>10 CRISPY BREADED CHICKEN PATTY SANDWICH</b> Hot Au Gratin Potatoes Crisp Lettuce & Tomato / Mayo Wheat Bread Creamy Pudding	<b>11 ROBUST POLISH SAUSAGE</b> Tasty Sauerkraut Delicious Baked Beans Hot Dog Bun Mustard Delectable Gelatin Cake	<b>12 NUTRITIOUS CHEF SALAD</b> with Ham, Cheese & Boiled Egg Fresh Salad includes Shredded Carrots Tomato Wedge Ranch Dressing Club Crackers Sweet Diced Peaches	<b>13 SAVORY SALISBURY STEAK</b> Yummy Mashed Potatoes with Mushroom Gravy Citrus Glazed Carrots Bread Tangy Pineapple & Creamy Cottage Cheese	<b>14 <del>SMOTHERED BEEF ENCHILADAS</del></b> with Cheese Zestful Fiesta Corn Tasty Refried Beans Jiggly Gelatin with Fruit <i>pat luck</i>
<b>17 <del>YUMMY SAUSAGE &amp; CREAM GRAVY</del></b> With Boiled Egg Scrumptious Oven Fried Potato Wedges Warm Spiced Applesauce Pump Biscuit Moist Blueberry Wuffin	<b>18 HEARTY BEEF CHILI</b> Seasoned Hominy Warm Spiced Pineapple Crispy Crackers Crunchy Cookie	<b>19 FINGER LICKING GOOD OVEN BAKED CHICKEN</b> Creamy Scalloped Potatoes Nutritious Carrots Bread Jiggly Gelatin	<b>20 STEAMY NAVY BEANS</b> with Diced Ham Appetizing Spoon Relish Coleslaw Yummy Cornbread Creamy Cottage Cheese & Tangy Pineapple	<b>21 HOT CHICKEN &amp; NOODLES</b> Tender Green Beans Cauliflower with Velvety Cheese Creamy Pudding
<b>24 LIP-SMACKIN CHEESEBURGER</b> Tasty Baked Beans Crispy Lettuce & Tomato Slices Mustard Hamburger Bun Flavorful Mixed Fruit	<b>25 MESSY SLOPPY JOES</b> Delightful Sweet Potato Fries Nutritious Peas Hamburger Bun Heavenly Tropical Fruit	<b>26 MOUTH WATERING LOADED POTATO &amp; HAM SOUP</b> Steamy Corn Crisp Crackers Jiggly Gelatin with Fruit	<b>27 SCRUMPTIOUS GUMBO</b> Tender Green Beans Warm Spiced Apples Piping Hot Rice Crunchy Cookie	<b>28 SAVORY PORK ROAST</b> Gratifying Mashed Potatoes & Gravy Delicious Carrots Wheat Bread Creamy Pudding

**MISSION STATEMENT**  
 We are dedicated to ensuring the vitality and longevity of the physical, mental and nutritional needs of Senior Citizens residing in Tulsa and Creek Counties of Oklahoma.

Visit our website  
[www.tccsnp.com](http://www.tccsnp.com)

 Follow us on Facebook

**All nutrition Sites are ADA accessible.**

**VOLUNTEER OPPORTUNITIES**  
 Volunteers are needed to assist in meal delivery to home bound seniors, serving lunches in congregate settings, arts, crafts, and various other areas.

**For Transportation needs-Tulsa County call Tulsa County Sites.**  
**Creek County call Cimarron Public Transit 800-789-7314**