

# January 2020!

TULSA & CREEK COUNTIES

**SENIOR**  
NUTRITION

Managed By

**sodexo**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



1  
**Sites Closed**

2  
**SALISBURY STEAK W/  
MUSHROOM GRAVY**  
Mashed Potatoes  
Citrus Glazed Carrots  
Bread  
Pineapple w/Cottage  
Cheese

3  
**BEEF ENCHILADAS  
w/CHEESE**  
Fiesta Corn  
Refried Beans  
Tortilla in Entrée  
Jello with Fruit

6  
**SAUSAGE & CREAM  
GRAVY w/BISCUIT &  
BOILED EGG**  
Oven Fried Potato  
Wedges  
Warm Spiced-  
Applesauce  
Blueberry Muffin

7  
**CHILI w/BEANS &  
GROUND BEEF**  
Warm Spiced Pineapple  
Hominy  
Saltine Crackers  
Cookie

8  
**OVEN BAKED  
CHICKEN THIGHS**  
Scalloped Potatoes  
Carrots  
Bread  
Gelatin

9  
**NAVY BEANS  
w/DICED TURKEY HAM**  
Tomato Spoon Relish  
Coleslaw  
Cornbread  
Cottage Cheese w/  
Pineapple

10 *Potluck*  
**CHICKEN & NOODLES**  
~~Pasta in Entrée~~  
~~Green Beans~~  
~~Cauliflower w/Cheese  
Pudding~~

13  
**CHEESEBURGER**  
Baked Beans  
Lettuce & Tomato Slice  
Hamburger Bun  
Mustard  
Mixed Fruit

14  
**Sloppy Joes**  
Sweet Potato Fries  
Peas  
Bun  
Tropical Fruit

15  
**Loaded Potato  
Soup/with Cheese**  
Potatoes in Entrée  
Corn  
Crackers  
Jello w/Fruit

16  
**Gumbo**  
Green Beans  
Warm Spiced-  
Apples  
Rice  
Cookie

17  
**Roast Pork**  
Mashed Potatoes w/  
Gravy  
Carrots  
Wheat Bread  
Pudding

20  
**SITES CLOSED**

21  
**Beef Stroganoff w/  
Pasta in Entrée**  
Peas  
Corn  
Mixed Fruit

22  
**BBQ Riblett**  
Broccoli  
Warm Spiced Apples  
Mac and Cheese  
Cookie

23  
**BUTTER BEANS w/DICED  
TURKEY HAM**  
Cooked Carrots  
Cooked Spinach  
Cornbread  
Blueberry Muffin

24  
**SWISS STEAK W/  
SWISS SAUCE**  
Mixed Vegetables  
Rice  
Pineapple

27  
**Burrito w/Cheese**  
Refried Beans  
Lettuce & Carrots  
Ranch & Taco Sauce  
Tortilla  
Mixed Fruit

28  
**Spaghetti w/  
Italian Sausage  
Sauce**  
Carrots  
Corn  
Pasta in Entrée  
Parm. Cheese  
Cottage Cheese &  
Pineapple

29  
**Beef Stew**  
Broccoli  
Warm Spiced  
Apples  
Crackers  
Cookie

30  
**Ham and Cheese  
Sandwich**  
Peas Salad  
Lettuce and Tomato  
Slice  
Bread  
Mayo  
Pudding

31  
**SAUSAGE & CREAM  
GRAVY w/BISCUIT &  
BOILED EGG**  
Oven Fried Potato  
Wedges  
Warm Spiced Apples  
Blueberry Muffin