November 2026 Menu

TULSA &CREEK SENIOR NUTRITION

Cold Milk served with each meal

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Soft Tacos** Shredded Cheese Ranchero Beans Lettuce Pico de Galo or Chucky Salsa Tortilla Fruit	3 **Cheeseburger** Baked Beans Lettuce, Tomato & Onion Hamburger Bun Pudding	4 **Goulash** Savory Carrots Corn Pasta in the Entree Gelatin	5 **Chicken & Sausage Gumbo** Veggies in the Entree Salad Mix Rice Salad Dressing Cookie	6 **Ham & Cheese Sandwich** Lettuce & Tomato Broccoli & Cheese Soup Bread Fruit
9 **BBQ Chicken** Hominy Savory Carrots Bun BBQ Sauce Gelatin	10 **Pinto Beans w/Ham** Tomato Relish Coleslaw Cornbread Margarine Fruit	11 **Warm Greek Chicken Wrap** Greek Salad Warm Spiced Apples Wrap Salad Dressing Cookie	12 **Taco Salad Casserole w/Ranch Beans, Meat & Cheese** Salad Greens Tomato Tortilla Chips Pudding	13 **Chicken Salad** Pickled Beets Fruit Bread Cookie
16 **Sloppy Joes** Green Beans Savory Carrots Hamburger Bun Margarine Pudding	17 **Boiled Egg & Sausage Patty** Hashbrown Casserole Warm Spiced Apples Biscuit & Gravy Muffin	18 **Turkey & Dressing w/ Gravy** Mashed Potatoes Green Beans Cranberry Salad Dinner Roll Seasonal Dessert	19 **Beef Burrito** Refried Beans Fiesta Corn Tortilla Salsa/Sour Cream Fruit	20 **Chicken Caesar Wrap** Lettuce Pickled Beets Fruit Ceasar Dressing Cookie
23 **Chicken Tortilla Soup w/Cheese** Salad Greens Fruit Tortilla Chips Muffin	24 **Swiss Steak** Swiss Sauce Mashed Potatoes Bread Margarine Pudding	25 **Baked Potato w/ Chili & Cheese** Onions Hominy Crackers Margarine/Sour Cream Fruit	26 **Closed** Happy Thanksgiving	27 **Closed**
30 **Chicken, Bacon & Ranch Pasta** Glazed Carrots Green Beans Pasta in the Entree Cookie			**Donations** Our suggested donation is $3.00 a meal. All donations are greatly appreciated and go toward food cost.	**Reservations** Reserve a meal before 12:00pm to ensure your next day lunch reservation. Lunch is served at 11:30am at all locations.

This program is funded by: Older American Act Grant from the INCOG Area Agency on Aging, and Participant Donations.

Managed By: sodexo