



PAWNEE NATION OF OKLAHOMA

DHCS-TITLE VI Senior Nutritional Meals Program
(918) 762-4042

Lunch is 11:30 am to 12:30 pm Thursday Breakfast 10 am
Drinks and fruit served daily

January 2021

MONDAY 11:30	TUESDAY 11:30	WEDNESDAY 11:30	THURSDAY 10 am
4-Jan Cheese Buger w/ LTP Baked Beans Tater Tots	5-Jan Chicken & Rice Soup w/ Peas & Carrots Grilled Cheese Small Salad w/ Croutons	6-Jan Catfish Mac & Cheese Buttered Carrots & Peas Bread & Butter	7-Jan Cinnamon Oatmeal Egg & Sausage Cinnamon Raisin Toast x 2 Pineapple & Cottage Cheese cup Fruit & Juice
11-Jan Chili Cheese Hot Dog on Bun Broccoli & Cheese Onion Rings	12-Jan Beef Stew w/ Mixed Veggies Crackers Hot Ham & Cheese Food Bank	13-Jan Pork Chop & Gravy Scolloped Poatoes Buttered Brussel Sprouts Roll & Butter	14-Jan French Toast x 2 w/ Butter & Syrup Bacon x 2 Yogrut & Granola Cup Fruit & Juice
18-Jan Baked Chicken Sandwich w/ Lettuce & Tomato Baby Bakers Mac & Cheese	19-Jan Beef Taco x 2 w/ LTC, Sour Cream, Salsa Refried Beans Guacamole & Chips	20-Jan Meatloaf Red Bliss Mashed Potatoes and Gravy Winter Blend Veggies Bread & Butter	21-Jan Malt-o-Meal Egg & Sausage Toast Blueberry & Yogrut Cup Fruit & Juice
25-Jan Catfish Baked Beans Cole Slaw Bread & Butter	26-Jan Egg Salad Sandwich w/ Lettuce, Tomato Broccoli & Cheese Soup Crackers Food Bank	27-Jan Lasagna Buttered & Herp Asparagus Small Salad & Croutons Garlic TexasToast	28-Jan Egg & Sausage on English Muffin Hash Brown Peach & Cottage Cheese Cup Fruit & Juice



Kelli Bryant
Menu Approved by: Kelli Bryant, Pawnee Indian Health Service Registered Dietician
12-9-20



A senior is 59+ years
Non-elder meal is \$5, served after 12:10pm
Transportation and meal requests are accepted until 8:30am
Deliveries are available for the ill