



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
Coffee, Drinks, and fruit served daily

AUGUST 2021

MONDAY - 11:30	TUESDAY- 11:30	WEDNESDAY- 11:30	THURSDAY 10 am
2-Aug Chili Dog on Bun Potato Wedges-Ketchup-pkt Baked Beans Baked Chips Small Salad-Dressing-pkt Fruit	3-Aug Fish Sticks w/ Tater Sauce - pkt Mac & Cheese Mimi Sweet Corn w/ Butter - pkt Fruit	4-Aug Pork Chop Mashed Potatoes Gravy Succotash Roll & Butter - pkt Small Salad-Dressing-pkt Fruit	5-Aug Malt-o- Meal w/ Brown Sugar & Walnuts Egg Sausage Toast X 2 Butter - pkt Cottage cheese & Peaches Juice
9-Aug Tuna Fish on Croissant Macaroni Salad Cold Beets Baked Chips Small Salad-Dressing-pkt Fruit	10-Aug Cheese Burger on Bun Lettuce, Tomato, Pickle Mustard - May-o - Ketchup - pkt Onion Rings - Ketchup - pkt Baked Beans Fruit	11-Aug Chicken Strips Mashed Potatoes & Gravy Fried Okra Hot Roll & Butter - pkt Spinach & Tomato Salad - Dressing-pkt Fruit	12-Aug Biscuit Pepper Gravy Cup Egg Bacon x 2 Banana & Yogurt cup Juice
16-Aug Bologna on Bun Lettuce & Tomato May-o & Mustard - pkt Vegetable Soup Crackers x 2 Fruit	17-Aug Catfish Tater sauce - pkt Mac & Cheese Buttered Carrots Roll & Butter - pkt Hearty Cole Slaw Fruit	18-Aug Hamburger Gravy Over Noodles Potato Medley Succotash Hot Roll & Butter - pkt Small Salad-Dressing-pkt Fruit	19-Aug Cinnamon Oatmeal Egg Sausage Cinnamon Raisin Bread X 2 Celery & Peanut Butter Cup Juice
23-Aug Breaded Fish Buttered Herb Noodles Broccoli & Cheese Roll - Butter - pkt Small Salad-Dressing-pkt Fruit	24-Aug BBQ Pork on Bun BBQ Sauce Cup on side Steak Fries & Ketchup - pkt Buttered Peas & Carrots Small Salad - Dressing - pkt Fruit	25-Aug Orange Chicken Veggie Rice Soy Sauce - pkt Spring Rolls x 2 Sweet & Sour - pkt Fruit	26-Aug Waffle w/ Butter & Syrup - pkt Egg Bacon x 2 Banana & Fruit Yogurt cup Juice
30-Aug Egg Salad Sandwich on Bun Lettuce, Tomato, Pickle Spear Pea Salad Baked Chips Small Salad-Dressing-pkt Fruit	31-Aug Soft Taco x 2 Lettuce, Tomato, Cheese Sour Cream & Sala - pkt Mex - Rice w/ Rotel Guacamole & Chips Fruit		



Menu Approved by Kelli Bryant, Pawnee Indian Health Service Registered Dietician on 7/01/2021
A senior is 60+ years
Non-elder meal is \$5, served after 12:20pm
Transportation and meal requests are accepted until 8:30am
Deliveries are available for the ill