



PAWNEE NATION OF OKLAHOMA

DHCS-TITLE VI Senior Nutritional Meals Program

(918) 762-4042

Mon - Wed - Lunch 11:30am - 12:30pm Thurs- Breakfast 10am - 11am
Drinks and fruit served daily

December 2022



MONDAY 11:30 - 12:30	TUESDAY 11:30 - 12:30	WEDNESDAY 11:30 - 12:30	THURSDAY 10:00 - 11:00
			Cinnamon Oatmeal Egg Bacon x 2 Cinnamon Raisin Toast x 2 Cottage Cheese cup Fresh Fruit or Fruit Cup Juice
Ravioli w/ Meatsauce Parmesan Cheese - pkt Buttered Spinach Small Salad w/ Tomatoes Dressing - pkt Fruit	Cheesy Tuna Pasta w/ Noodles Buttered Peas & Carrots Corn Bread - Butter - pkt Fruit	Breaded Pork Chop Scalloped Potatoes Flame Roasted Buttered Corn Small Salad w/ Tomatoes Dressing - pkt Fruit	Sausage Pepper Gravy Biscuit - Butter - pkt Egg Yogurt & Granola Cup Fresh Fruit or Fruit Cup Juice
Burger on Bun w/ Lettuce, Tomato, Pickles Mayo - Mustard - pkt Baked Beans Onion Rings - Ketchup - pkt Small Salad w/ Tomatoes Dressing - pkt Fruit	Fish Sticks Tartar Sauce - 2 x pkt Herbed Buttered Noodles Buttered Greens Bread - Butter - pkt Broccoli slaw Fruit	Sweet & Sour Pork over Rice Soy Sauce - pkt Buttered Cabbage Veggies Spring Rolls x 2 Sweet & Sour Sauce - pkt Small Salad w/ Tomatoes Dressing - pkt Fruit	French Toast x 2 Syrup & Butter - pkt Egg Bacon x 2 Celery & P.B. - pkt Fresh Fruit or Fruit Cup Juice
Sliced Ham Mashed Potatoes Herb Stuffing w/ Brown Gravy Buttered Green Beans Small Salad w/ Tomatoes Dressing - pkt Fruit	Beef Taco x 2 Lettuce, Tomatoes, Cheese Sour Cream - Salsa - pkt Refried Beans w/ Rotel Chips Guacamole Fruit	Pulled Pork on Bun BBQ Sauce - pkt Mac & Cheese Steak Fries - Ketchup - pkt Small Salad w/ Tomatoes Dressing - pkt Fruit	Malt-o-Meal Egg Sausage Toast - Butter - pkt Cottage Cheese Cup Fresh Fruit or Fruit Cup Juice
Closed 	Frito Chili Pie w/ Chips Buttered Golden Hominy Cheese Cubes Small Salad w/ Tomatoes Dressing - pkt Fruit	Creamy Tuna & Broccoli w/ Noodles Buttered Carrots Bread - Butter - pkt Small Salad w/ Tomatoes Dressing - pkt Fruit	Buttered Grits Egg Sausage Toast - Butter - pkt Yogurt & Granola Cup Fresh Fruit or Fruit Cup Juice



Menu Approved by: Kelli Bryant, Pawnee Indian Health Service Registered Dietician on 12.1.2022
Menu is subject to change when necessary. A senior is 59+ 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



Pawnee
Nation
Elders

Kelli Bryant RDN/CD
11-21-22