



PAWNEE NATION OF OKLAHOMA

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

Lunch; Mon - Wed 11:30 am - 1:00 pm; Breakfast; Thurs 10am - 11am
Drinks and Fruit served daily

August 2024

Monday 11:30 - 1:00	Tuesday 11:30 - 1:00	WEDNESDAY 11:30 - 1:00	THURSDAY 10:00 - 11:00
			1-Aug Egg Bake w/ Ham, Onion, Peppers Topped with Cheese Hash Browns - Ketchup - pkt Bread - Butter pkt Cottage Cheese w/ Fruit Juice
5-Aug Philly Cheese Steak on Hogie w/ Onions, Peppers Topped with Cheese Fire Roasted Corn Bag of chips Fruit	6-Aug Turkey, Bacon Wraps x 2 w/ Lettuce, Tomato, Swiss In Spinach Tortilla Ranch Cup Cold Pasta Salad Fruit	7-Aug Chicken Quesadilla w/ Mushrooms, Spinach Refried Beans w/ Rotel Tortilla Chips Cheese Cup Fruit	8-Aug Breakfast Burrito x 2 Sausage, Egg, Cheese, Rotel In Tortilla Fried Potatoes & Sausage Salsa - Ketchup - pkt Juice
12-Aug Chicken Bacon Swiss Sandwich w/ Lettuce, Tomato, Onion Mayo - pkt Waffle Fries - Ketchup - pkt Fruit	13-Aug Indian Tacos Chili Meat w/ Beans Lettuce, Tomatoes Onions, Topped with Cheese on Frybread Salsa - Sour Cream - pkt Fruit	14-Aug Grilled Porkchop Mashed Potatoes & Pork Gravy Buttered Green Beans Hot Roll - Butter pkt Small Side Salad Dressing - pkt Fruit	15-Aug Breakfast Sandwich Bacon, Egg, Cheese on Texas Toast Tater Tots - Ketchup - pkt Cottage Cheese Cup Juice
19-Aug Chicken & Rice Casserole w/ Broccoli and Cream of Chicken Buttered Green Beans Hot Roll - Butter - pkt Fruit	20-Aug Tuna Salad Sandwich w/ Mayo, Egg, Celery on Wheat Bread Lettuce, Tomato, Pickle Spear Sweet Potato Fries Ketchup - pkt Cold Beets Fruit	21-Aug Mexican Chopped Salad w/ Steak, Tomatoes, Onions, Black Beans, Corn, Avacados Peppers Topped with Cheese Tortilla x 2 Dressing - pkt Fruit	22-Aug Fried Potatoes & Sausage W/ Peppers and Onions Scrambled Eggs Biscuit - Butter pkt Cottage Cheese cup w/ Fruit Juice
26-Aug BBQ Chicken Pizza Chicken, Cheese, Onions w/ BBQ Sauce on Pizza Crust Roasted Brussel Sprouts Garlic Sticks x 2 Fruit	27-Aug Ham & Cheese Sandwich Lettuce, Tomato, Onions Mustard - Mayo - pkt Pickle Spear x 2 Potato Salad Fruit	28-Aug Parmesan Chicken Pasta w/ Bow Tie Noodles Cherry Tomatoes & Spinach Mixed Veggies Garlic Bread Fruit	29-Aug Oatmeal Egg Sausage x 2 Fried Potatoes - Ketchup - pkt Cinnamon Raisin Bread Butter - pkt Fruit

Menu Approved by: Kellie Bryant, Pawnee Indian Health Service Registered Dietitian on 7/1/2024

Menu is subject to change when necessary. 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



K. Bryant 118620112024

7-30-24