



Pawnee Nation of Oklahoma

TITLE VI SENIOR NUTRITIONAL MEALS PROGRAM

PH: (918) 762-4042

Fax: (918) 762-9927

Lunch Hour: 11:30 am – 12:30 pm

***Breakfast: 10:00 am – 11:00 am**

(*only on designated days we serve breakfast)

Homebound delivery: 11:00 am (lunch)

9:00 am (breakfast days)

Van Driver pick-ups for meals (to site): 10:30 am


*Notice: 24 hr. Call-in Meal Policy

(Non-elder -59 years and younger must call in if they would like a meal on a certain day)

\$7.00-Meal Charge does apply-Thank you

January 2012

(All meals are served w/ your choice of Iced Tea, 2% Milk, Coffee, or water)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>Pawnee Nation Offices Closed</p> <p>HOLIDAY-NEW YEARS OBSERVED</p> <p>Title 6 will not be serving</p> <p>Meals this day.</p> <p>See you Tuesday! ☺</p>	<p>Turkey Pot Pie w/ vegetables</p> <p>Biscuit on top</p> <p>Tossed Salad</p> <p>Mandarin Oranges</p> <p>Oatmeal Cake</p>	<p>Beef Mandarin Stir-Fry</p> <p>Rice with Peas and Carrots</p> <p>Vegetable Egg Rolls</p> <p>Pineapple Upside down cake</p>	<p>Chicken Club Wrap</p> <p>w/ Lettuce, Tomato, Cheese & bacon</p> <p>in a whole wheat Tortilla</p> <p>French Onion Soup</p> <p>Tropical Fruit Salad Cup</p>	<p>TITLE VI –CLOSED FOR KITCHEN CLEANING</p> <p>HOMEBOUND DELIVERY ONLY- Brown Bag-Sandwich, Chips, Apple, Yogurt cup</p> <p>SEE YOU MONDAY!</p>
9	10	11	12	13
<p>Sliced Baked Ham</p> <p>Mashed Potatoes & Gravy</p> <p>Capri Vegetables</p> <p>Wheat Dinner Roll</p> <p>Banana Pudding w/ Vanilla wafers</p>	<p>Black Bean Hominy Chili</p> <p>With ham</p> <p>Cornbread</p> <p>Tossed green salad</p> <p>Plums</p>	<p>Beef TaterTot Casserole</p> <p>Capri Vegetables</p> <p>Slice rye bread</p> <p>Cinnamon applesauce</p>	<p>Soup & Sandwich Day ☺</p> <p>Roast beef sandwiches</p> <p>With lettuce, tomatoes, and cheese</p> <p>Broccoli-cheddar soup</p> <p>Cottage cheese with pineapple brownie</p>	<p>Breakfast Day 10:00 – 11:00am</p> <p>Pancakes</p> <p>Sausage</p> <p>Apple</p> <p>V8 Juice</p>
16	17	18	19	20
<p>Pawnee Nation offices Closed</p> <p>HOLIDAY -MARTIN LUTHER KING JR. DAY OBSERVED</p> <p>Title 6 will not be serving-</p> <p>See you on Tuesday! ☺</p>	<p>Chicken with rice soup</p> <p>With peas and carrots</p> <p>Crackers</p> <p>Tomato-cucumber salad</p> <p>Yellow Cake with Cherries</p>	<p>Chicken Enchiladas</p> <p>Mexican Rice</p> <p>Pinto Beans</p> <p>Salad</p> <p>Tapioca Pudding</p>	<p>National Champion Indian Tacos</p> <p>Frybread, fresh chili with beans, lettuce, Cheese, and homemade salsa</p> <p>Cherry Jell-o with apples and bananas</p>	<p>Turkey club sandwich with bacon, lettuce, tomato</p> <p>Wheat berry bread</p> <p>Corn chowder</p> <p>Granola Bar</p> <p>Mandarin oranges</p> <p>National Granola Bar Day</p>
23	24	25	26	27
<p>Baked Potato Day</p> <p>Baked Potato</p> <p>Toppings include chili, bacon bits,</p>	<p>Beef lasagna</p> <p>Garlic toast</p> <p>Tossed green salad</p>	<p></p> <p>BIRTHDAY CAKE</p> <p>FOR January Birthdays</p> <p>Ann's delicious Meat Pies</p>	<p>Pinto beans with ham</p> <p>Cornbread</p> <p>Roasted Potatoes</p>	<p>Sloppy Joe's</p> <p>Tater tots</p> <p>Mixed veggies</p>

Green onions, sour cream, cheese Tossed salad Peach crumble with ice cream	Corn Oatmeal cake	Tuscan blend veggies Macaroni and Cheese Tropical fruit	Green beans Vanilla Pudding with wafers	Chocolate Cake National Chocolate Cake Day
30 Chicken Salad Croissant Sandwiches Chicken Tortilla Soup Salad Mandarin Oranges Oatmeal Cake National Croissant Day	31 Beef Ghoulish Cornbread Capri Vegetables Cottage cheese with Peaches Carrot Cake	FEBRUARY 1ST Frito Chili Pie With lettuce, cheese, sour cream Peas and carrots Angel food cake with fruit	FEBRUARY 2ND BBQ Beef on Bun Baked Beans Cole slaw Slice pickles and onions Mandarin Oranges	FEBRUARY 3RD TITLE VI CLOSED FOR KITCHEN CLEANING! We Do Apologize for the inconvenience. Homebound Delivery Only!

Menu Approved by: Kellie Bryant, Pawnee Indian Health Service Registered Dietician on 01-06-12