



# PAWNEE NATION OF OKLAHOMA

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

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

# FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
28-Jan <b>Chicken Fried Steak</b> Mashed Potatoes & Gravy Spinach Slice of Bread	29-Jan <b>Beef Taco</b> LTOC Guacamole & Chips Salsa	30-Jan <b>Spaghetti &amp; Meatballs</b> Green Beans Garlic Knot	31-Jan <b>Pumpkin Cream of Wheat</b> Egg Sausage Raisin Cinnamon Bread Juice
4-Feb <b>Chili &amp; Cheese</b> All Beef Hot Dog On Bun Sweet Potato Tots	5-Feb <b>Hamburger Barley Veggie Soup</b> Cheese Cubes Crackers <b>Food Bank, Diabetic Check</b>	6-Feb <b>Chicken Strips</b> Mashed Potatoes & Gravy Broccoli Roll	7-Feb <b>Oatmeal</b> Egg Bacon Raisin Cinnamon Toast Juice
11-Feb <b>Salisbury Steak &amp; Gravy</b> Squash Mashed Potatoes Asparagus Tips Sliced of Bread	12-Feb <b>Catfish</b> Mac & Cheese Glazed Carrots Hush Puppies	13-Feb <b>Lasagna</b> Winter Blend Veggies Salad Garlic Bread	14-Feb <b>Pumpkin Pancake</b> Egg Sausage Prunes Juice
18-Feb <b>Closed</b> President's Day	19-Feb <b>B L T /w Egg Sandwich</b> Tomato Soup Croutons & Crackers <b>Food Bank, Diabetic Check</b>	20-Feb <b>Chicken Enchilada</b> Rice & Beans Cheese Tortilla	21-Feb <b>Grits &amp; Toast</b> Egg Sausage Sweet Maple Squash Bites Juice
25-Feb <b>Sliced Baked Ham</b> Stuffing Yams Cranberry Relish	feb 26 <b>Fish Sandwich</b> Sweet Potato Waffle Fries Cream Corn w/ Bell Peppers	27-Feb <b>Meatloaf</b> Cauliflower Mashed Potatoes w/Gravy Peas & Carrots <b>Roll</b>	28-Feb <b>French Toast</b> Bacon Banana Fruit & Nut cup

Menu Approved by: Kellie Bryant, Pawnee Indian Health Service Registered Dietician on 1.23.2019

A senior is 60+ years  
Non-elder meal is \$7, served after 12:10pm  
Transportation and meal requests are accepted until 8:30am  
Deliveries are available for the ill

