



# PAWNEE NATION OF OKLAHOMA

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

Lunch: 11:30 am to 12:30 pm Breakfast 9 am  
Drinks and fruit served daily

# MARCH 2019

<b>MONDAY 11:30</b>	<b>TUESDAY 11:30</b>	<b>WEDNESDAY 11:30</b>	<b>THURSDAY 9 am</b>
<b>25-Feb</b>	<b>26-Feb</b>	<b>27-Feb</b>	<b>28-Feb</b>
<b>Sliced Baked Ham</b> Stuffing Yams Cranberry Relish	<b>Fish Sandwich</b> Sweet Potato Waffle Fries Corn w/ Bell Peppers	<b>Meatloaf</b> Cauliflower Mashed Potatoes w/ Gravy, Roll Peas & Carrots	<b>French Toast</b> Sausage Banana Fruit & Nut Cup Juice
<b>4-Mar</b>	<b>5-Mar</b>	<b>6-Mar</b>	<b>7-Mar</b>
<b>Hamburger Gravy</b> Over Noodles Fried Oakra Slice of Bread	<b>Soft Chicken Taco</b> (LTOC) Guacamole & Chips Salsa <b>Food Bank, Diabetic Check</b>	<b>Chili &amp; Cheese</b> Baked Potato Green Beans Crackers	<b>Bacon Gravy</b> <b>Over Biscuit</b> Egg Hash Brown Juice
<b>11-Mar</b>	<b>12-Mar</b>	<b>13-Mar</b>	<b>14-Mar</b>
<b>Fish Sticks</b> Baked Beans Cole Slaw Slice of Bread	<b>Bacon Cheese Burger</b> (LTOP) Onion Rings Baked Beans	<b>Navy Beans &amp; Ham</b> Potato Wedges Sweet Corn Bread	<b>Blueberry Pancake</b> Egg Bacon Prunes Juice
<b>18-Mar</b>	<b>19-Mar</b>	<b>20-Mar</b>	<b>21-Mar</b>
<b>Catfish</b> Mac & Cheese Cauliflower Hush Puppies	<b>Beef &amp; Bean Burrito</b> (LTOC) Guacamole & Chips <b>Food Bank, Diabetic Check</b>	<b>Chicken Noodle Soup/w</b> <b>Barley &amp; Veggies</b> Crackers Grilled CheeseSandwich	<b>Pumpkin Oatmeal</b> Egg & Sausage Toast Fruit & Nut Cup Juice
<b>25-Mar</b>	<b>26-Mar</b>	<b>27-Mar</b>	<b>28-Mar</b>
<b>Baked Chicken &amp; Wild Rice</b> Glazed Baby Carrots Dinner Roll	<b>Tuna Fish Sandwich</b> Broccoli & Cheese Soup Crackers	<b>Beef Stew</b> <b>w/ Barly &amp; Veggies</b> Cheese Cubes Crackers	<b>Breakfast Brurrito</b> Egg, Bacon Bits, Diced Potato w/ Bell Pepper Hash Brown Juice

Menu Approved by: Kellie Bryant, Pawnee Indian Health Service Registered Dietician on 1.24.2018

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

