



PAWNEE NATION OF OKLAHOMA

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

Lunch is 11:30 am to 12:30 pm Thursday Breakfast 10 am
Drinks and fruit served daily

October 2020

MONDAY 11:30	TUESDAY 11:30	WEDNESDAY 11:30	THURSDAY 10 am
			1-0ct Cinnamon Oatmeal Egg & Bacon Toast Peaches & Cottage Cheese Cup Fruit & Juice
5-0ct Tuna Fish Sandwich L,T,Pickle spear Tomato Soup Crackers	6-0ct Kielbasa Over Yellow Rice Succotash Roll Food Bank	7-0ct Spaghitti w/ Meatballs Small Salad & Croutons Garlic Bread	8-0ct Malt-o-Meal Egg & Sausage Toast Fruit Nut Cup Fruit & Juice
12-0ct BBQ Chicken on Bun Black eye Peas Baby Bakers	13-0ct Fish Sticks Scalloped Potatoes Peas & Carrots Roll	14-0ct Open Face Roast Beef Sandwich Mashed Potatoes & Gravy Roasted Corn	15-0ct Grits Egg & Bacon Toast Granola - Yogurt Cup Fruit & Juice
19-0ct Bologna & Cheese Sandwich L,T,Pickle Spear Chicken Gumbo Soup Crackers	20-0ct Chicken Ceaser Salad Boiled Eggs x 2 Crackers & Croutons Cheese Cubes	21-0ct Bufflo Chili Green Beans Corn Bread	22-0ct Oatmeal Egg & Sausage Toast Pineapple Cottage Cheese Cup Fruit & Juice
26-0ct Sloppy Joe on Bun Cole Slaw Baked Chips	27-0ct Chicken Alfredo w/ Fettuccine Noodles Herb Buttered Brussels Sprouts Roll Food Bank	28-0ct Cheese Buger on Bun L,T,P, Potato Salad Pickle Spear	29-0ct Maple & Brown Sugar Malt-o- Meal Egg & Bacon Toast Granola - Yogurt Cup Fruit & Juice

Menu Approved by: Kallie Bryant, Pawnee Indian Health Service Registered Dietician

Hellen Bryant MS, RD, LD, CDE
9-23-20

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