

2024

OSAGE NATION ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2	3	4	5	6	7
Suggested Donations over 55 w/ CDIB \$2 all others \$6	Closed Labor Day	Sloppy Joe on the Bun, Coleslaw, Chips, Pears and Milk	Cowboy Beans, Cornbread, Green Beans, Salad, Fruit Cup, Cake and Milk	Baked Chicken, Rice, Squash, Applesauce, Roll and Milk	Bacon, Lettuce and Tomato (BLT) Sandwich, Curly Fries, Fruit Cup, Cookie, Pudding and Milk	
8	9	10	11	12	13	14
	Meatball Sub Sandwich, Mozzarella Cheese Sticks, Marinara Sauce, Broccoli/Carrots, Fruit Cup and Milk	Chicken Enchiladas, Mexi Street Corn, Rice, Salad, Fruit Cup, Brownie and Milk	Beef Stew, Cornbread, Cheese Sticks, Fruit Cup, Cake and Milk	Fried Chicken, Mashed Potatoes, Cream Gravy, Spinach and Black-Eye Peas, Roll, Blackberry Cobbler and Milk	Tuna Salad on a Croissant, Lettuce, Tomato, Onion, Pork n Beans, Fruit, Cookie and Milk	
15	16	17	18	19	20	21
	Cubed Pork, Peas, Beans, Cottage Cheese with Fruit, Roll, Salad and Milk	Roast Beef sliders with Cheese, Tator Tots, Strawberry Shortcake, Fresh Fruit and Milk	Brunch, Pancakes, Bacon, Eggs, Oatmeal, Toast, Grapes, Cantaloupe, V8 Juice and Milk	Chicken Green Rice Casserole, Carrots, Salad, Roll, Fruit Cup, Chocolate Cake and Milk	Frito Chili Pie, Cheese, Onion, Corn, Fruited Jello and Milk	
22	23	24	25	26	27	28
	Polish Sausage Soup, Veggie Sandwich, Carrot Strings, Lettuce, Tomato, Onion, Baked Eggplant, Fruit Cup and Milk	Hot Hamburger, French Fries, Brown Gravy, Okra, Salad, Fruited Jello and Milk	Chicken Fajitas in a Bowl, Spanish Rice, Hominy, Fruited Cottage Cheese, Cake and	Smothered Pork Chops, Mac-N-Tomato, Brussel Sprouts, Apple Cobbler and Milk	Loaded Baked Potato, Chili, Sour Cream, Green Onion, Cheese, Bacon Bits, Crackers, Fruit, Cookies and Milk	
29	30					
	Chipped Beef Over Toast, Oatmeal, Scrambled Eggs, Muffin, Fruit, Orange Juice and Milk					