

October 2024

FAIRFAX OSAGE NATION ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
Suggested Donations over 55 /w CDIB \$2 all others \$6		Chicken Alfredo Broccoli Garlic Bread Tossed Salad Fruited Jello	Hamburgers on a Bun Lettuce, Tomato, Onion, Pickle French Fries Blackberry Tart	Stuffed Bell Peppers Mixed Vegetable Beet Salad Dinner Roll Blueberry Muffin	Tuscan Soup Breadstick Green Salad with onion and pepperoncini Fruit Cup
6	7	8	9	10	11
	Ham and Beans Oven Potatoes Mixed Greens Cornbread Cottage Cheese	Spaghetti and Meatballs Green Beans Garlic Toast Salad Applesauce	Pork Chop Au Gratin Potatoes Carrots Gravy/Roll Pasta Salad Chocolate Square	Steak Fingers Potato Wedges Med. Blend Veggies Salad Gravy/Rolls Pineapple orange fluff	Veggie Soup Grilled Ham and Cheese Sandwich Cookie Fresh Fruit
13	14	15	16	17	18
	CLOSED IN OBSERVANCE of OSAGE DAY	Cowboy Potatoes W/Polish Sausage Cheese Broccoli Garlic Toast Apple Turnover	Walking Tacos Lettuce/Tomato Onion/Cheese Corn Banana Cookie	Fish Portions Mac and Tomatoes Breaded Okra Coleslaw Hushpuppies Banana Pudding	Scrambled Eggs Sausage Biscuits and Gravy Oven Potatoes Fruit Mix
20	21	22	23	24	25
	Chicken Strips Corn nuggets Carrots Rolls Cottage Cheese Mixed Fruit Cup	Beef Stroganoff California Blend Veggies Biscuit Pea Salad Fruited Jello	Meatloaf Mashed Potatoes Green Beans Gravy/Roll Salad Birthday Cake	Baked Chicken Asparagus Wild Rice Salad Roll	Taco Soup Cheese, Green Onions, Sour Cream Tostitos Fresh Fruit
27	28	29	30	31	
	Fried Chicken Mashed Potatoes Zucchini Roll Cottage Cheese Salad Pudding / Fresh Fruit	Chicken Cordon Bleu Rice Pilaf Tomatoes and Okra Roll Salad Apple Dumpling	Cabbage Rolls Parsley Potatoes Sliced Carrots Roll Salad Fruit Cup	Harvest Hearty Beef Stew Cheese Stick Veggie Tray Corn Bread Caramel Apple Pudding	