October

PAWHUSKA ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1		2 3	8 4
suggested donations over 55 w cdib \$2 all others \$6	7	Chicken Strips Mac and Cheese Broccoli Rolls Salad <u>Mixed Fruit Cup</u> 8	Hamburgers on a Bun Lettuce, Tomato, Onion, Pickle French Fries Cherry Crisp	Pork Chop Stuffing Squash Mix Gravy/Roll Pasta Salad Chocolate Square	Veggie Soup Grilled Ham and Cheese Sandwich Relish Tray Cookie <u>Fresh Fruit</u>
	Philly Cheesesteak Chips Harvard Beets Cottage Cheese Fruit Of Choice	Cheesy Tuna Noodle Casserole Mixed Vegetable Salad Dinner Roll Strawberry Pie	Meatloaf Mashed Potatoes Green Beans Gravy/Rolls Salad Birthday Cake	Marinated Chicken Rice Pilaf Asparagus Salad/Dinner Roll Lemon Tart	Scrambled Eggs Sausage Biscuits and Gravy Oatmeal Oven Potatoes Fruit Mix
13	14	15	1	6 17	18
	CLOSED IN OBSERVANCE OF OSAGE DAY	Ham and Beans Tator Barrels Spinach Cornbread Cottage Cheese Fruit of Choice	Beef Stroganoff Peas and Carrots Biscuit Green Salad Fruited Jello	BBQ Pork Sandwich Baked Beans Potato Salad Pickle and Onions Apple Turnover	Taco Soup Cheese, Green Onions, and Sour Cream Tostitos Fresh Fruit
20	21	22	2	3 24	25
	Spaghetti and Meatballs Buttered Corn Garlic Toast Cottage Cheese Applesauce	Open Faced Turkey Sandwich Mashed Potatoes Zucchini Salad Cranberry sauce	Pork Roast Hashbrown Casserole California Blend Salad/Gravy/Roll Brownie	Fish Portions Mac and Tomatoes Breaded Okra Coleslaw Hushpuppies Banana Pudding	Tuscan Soup Breadstick Green Salad with onion and pepperoncini Fruit Cup
27	28	29	3	0 31	
	Ham Slices Sweet Potatoes Brussel Sprouts Dinner Roll Cottage Cheese Fruit of Choice	Chicken Alfredo Mediterranean Blend Garlic Bread Tossed Salad Fruited Jello	Beef Soft Taco Refried Beans Spanish Rice Shredded Lettuce Salad Ambrosia	Harvest Hearty Beef Stew Cheese Stick Veggie Tray Fry Bread Caramel Apple Pudding	

PAWHUSKA SITE 539-212-2510