

November,2021

## OSAGE NATION ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
suggested donations over 55 w cdib \$2 all others \$6	Chicken Tenders Mac and Cheese Cape Cod Mix Gravy/Biscuit Cottage Cheese Mixed Fruit	Salisbury Stk Mashed Potatoes Mixed Veggies Gravy/Roll/Salad Chocolate Tart	Fish Portions Onion Ring Green Peas Hush Puppies Coleslaw Fruited Jello	Potato Soup Pimento Cheese Asst Crackers Cookie Fruit Cup	Thanksgiving Dinner Turkey and Dressing Sweet Potatoes and Greens Beans, Cranberry Sauce Rolls/Pumpkin Pie
7	8	9	10	11	12
	Goulash Roasted Corn Garlic Bread Cottage Cheese Fruit	Pork Cutlet Scalloped Potatoes Mixed Veggies Gravy/Roll Fruited Jello	Chicken Stir-fry Buttered Rice Egg Roll/ Chinese Noodles/Fortune Cookie Banana Pudding	Closed for Veterans Day	Broccoli and Cheese Soup Bologna Sandwiches Lettuce/Tom/Onion Pickles Cookie
14	15	16	17	18	19
	Ham and Beans Fried Potatoes Spinach Cornbread Cottage Cheese Fruit	Catfish Rice Pilaf California Blend Salad/Biscuit Cherry Crisp	Meatloaf Mashed Potatoes Carrots Gravy/Rolls/Salad Birthday Cake	Chicken Alfredo California blend Veggies Breadstick Salad Fruited Jello	Veggie Soup Ham and Turkey Sandwich Lettuce/Tom/Onion Fresh Fruit Cookie
21	22	23	24	25	26
	Sloppy Joes French Fries Buttered Corn Cottage Cheese Fruit	Grilled Chicken Garden Blend Rice Brussel Sprouts Roll/Gravy/Salad Bread Pudding	Brunch Biscuit and Gravy Sausage Scramble Egg Fried Potatoes Yogurt/Cereal Bar	Closed	Closed
28	29				
	Beefy Noodles Mixed Veggies Biscuit Cottage Cheese Salad Pineapple tidbits	v!r73g8iueCKy\$C2EH5 Fr\$			

SATURDAY
6
13
20
27

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