

October 2021

OSAGE NATION ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
suggested donations over 55 w cdib \$2 all others \$6					Veggie Soup Bologna Sandwich Cookies Fresh Fruit Crackers and chips	
3	4	5	6	7	8	9
	Chicken Cordon Blue Garden Blend Rice Sliced Carrots Gravy/Roll Cottage Cheese Tropical fruit	Country Fried Steak Mashed Potatoes Cream Gravy Roll Green Beans Salad Yellow Cake	Baked Chicked Mixed Veggies Biscuit Green Salad Coconut Tart	BBQ Braised Ribs Baked Beans Grilled Brussel Spouts Bread stick Pickle and Onion Salad Apple Muffin	Potato Soup Ham/Turkey Sandwich Cookies Fruit Cup	
10	11	12	13	14	15	16
	Closed in Observance of Osage Day	Salisbury Steak Mashed Potato Brown Gravy Roll California Blend Cottage Cheese Salad Fruit for Salad	Pork Chops Au Graten potato Pork Gravy Green Beans Salad/Roll Birthday Cake	Cowboy Beans Mozzarella Sticks Cornbread Green salad Chocolate in a Cloud	Fish Sandwich Lettuce/Tomato/Onion Tator Tots Cookies Fresh Fruit Pickle Mix	
17	18	19	20	21	22	23
	Cabbage Rolls Sliced Potatoes Asparagus Cottage Cheese Pears	Beef and Chicken Fajitas Spanish Rice Refried Beans Salad Spice Cake	Ham and Beans Fried Potatoes Spinach Corn Bread Salad Cherry Crisp	Open Faced Turkey Mashed Potatoes Gravy Mediterranean Mix Three Bean Salad Fruited Jello	Polish Dogs with Sauerkraut Chips Cookies Fresh Fruit	
24/31	25	26	27	28	29	30
	Hamburger Gravy Biscuits Tator Tots Peas and Carrots Cottage Cheese Peaches	Grilled Chicken Rice Pilaf Chicken gravy/Roll Zucchini Salad Carrote Cake	Ham Slices Sweet potatoes Green Peas and Carrots Dinner Roll Salad	Chicken Enchilada Spanish Rice Roasted Corn Marinated Salad Lemon Square	Goblin Stew Skeleton Fingers Pumpkin Fry Bread Jack-O-Lantern Jello Witches Brew	