

August 2024

OSAGE NATION ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Suggested Donations over 55 w/ CDIB \$2 all others \$6				Chef Salad, Lettuce, Tomato, Onion, Cheese, Broccoli, Crackers, Strawberry Short Cake, Fresh Fruit and Milk	Grilled Cheese Sandwich, Tomato Soup, Crackers, Fruit and Juice/Milk	
4	5	6	7	8	9	10
	Brunch, Biscuits and Gravy, Sausage, Eggs, Salsa, Fresh Fruit and Juice/Milk	Chicken Enchiladas or Tamales, Mexican Rice, Corn, Cake, Fruit and Milk	Potato Soup with Bacon, Cheese, Crackers, Broccoli and Carrots, Fruit and Milk	BLT, Bacon, Lettuce, Tomato, Potato Salad, Chips, Juice/Milk	Hamburger, Lettuce, Tomato, Onion, Pickles, Applesauce Cake, Juice/Milk	
11	12	13	14	15	16	17
	Jumbo Shrimp, Coleslaw, Hush Puppies, Rice Pilaf, Orange Fluff, Juice/Milk	Steak Fingers, Mashed Potatoes and Cream Gravy, Green Beans, Roll, Cake, Fruit, and Milk	Spaghetti, Brussel Sprouts, Garlic Bread, Salad, Fruit and Milk	Smothered Pork Chop, Black-eyed Peas with Spinach, Roll, Peach Cobbler and Milk	Catfish, Hushpuppies, Green Beans, Coleslaw, Fruit, Chocolate Cake and Milk	
18	19	20	21	22	23	24
	Chicken Alfredo, Broccoli, Bread Sticks, Salad, Mixed Fruit, Cottage Cheese and Milk	Soft Beef Taco, Mexican Rice, Street Corn Blend, Salad, Jello, Fruit and Milk	Beef Roast, Mashed Potato and Gravy, Mixed Vegetables, Roll, Salad, Fruit and Milk	Sub Sandwich, Ham, Turkey, Cheese, Lettuce, Tomato, Onion, Pickle, Potato Salad, Banna Pudding and Milk / Juice Box	Chicken Fajitas, Refried Beans, Corn, Blackberry Cobbler, Salad and Milk	
25	26	27	28	29	30	31
	Cheeseburger, Lettuce, Tomato, Onion, Pickle, French Fries, Applesauce with Mixed Fruit and Milk/Juice	Chicken Fried Rice with Vegetables, Egg Drop Soup, Egg Roll, Salad, Jello, Fruit and Milk	Beef and Noodles, Buttered Corn, Roll, Salad, Cake Fruit and Milk	Beef Tator Tot Casserole, Mixed Veggies, Roll, Cherry Fluff and Milk	Chicken Bacon Ranch Wrap, Chips, Pasta Salad, Fruit and Juice/Milk	