PAWHUSKA OSAGE NATION ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	(1)	3	5	6
suggested donations over 55 w cdib \$2 all others \$6	Steak Fingers, Rice Veggie Blend Garlic Bread Cottage Chz Salad Rosy Applesauce	Pork Carnitas Flour Tortillas Black Beans Cheesy Hominy Diced onion/Cilantro Apple Turnover	Salisbury Steak Garlic Potatoes Asparagus Sliced bread Ranch Salad Cake	Chicken Noodle Soup Crackers Hummus Veggie Tray Cookie Fruit cup	Annual Christmas Shopping trip!	
7	8	9	10	11	I ==	13
	Cowboy Potatoes with Sliced Polish Sausage Broccoli Garlic Bread Cottage Cheese Fruit of Choice	Meat Sauce over Manicotti California Blend Bread Stick Spinach Mix Salad Rocky Road Pudding	Baked Breaded Chicken, Boiled Potatoes Brussel Sprouts Roll/Gravy/Salad Peach Cobbler	Sloppy Joes on a Bun Onion Rings Macaroni Salad Pickle Spear Ambrosia	Annual Christmas Dinner Spiral Ham Hashbrown Casserole Buttered Carrots Dinner Roll Gingerbread Cake	
14	15	16	17	18	19	20
	Chicken Fajitas Spanish Rice Refried Beans Flour Tortilla Cottage Cheese Pineapple	Fishwich Lettuce, Tomato, Onion & Pickle Chips Pork and Bean Fruited Jello	Closed For In-Service Training	Pork Chop Wild Rice Yellow Squash Roll/Gravy Garden Salad Pudding	Baked Potato Chili, Broccoli, Fritos, Sour Cream, Cheese, and Green onion Fresh Fruit	
21	22	23	24	25	26	27
	Sausage and Egg Burrito Hashbrown Salsa/Cheese Cottage Chz Salad Fruit Mix	Beef Stew Cheese Stick Cracker Ranch Salad Brownie Fruit	Closed for the Christmas Holiday	Closed for the Christmas Holiday	Ham and Beans Oven Potatoes Spinach Cornbread Onions/Peppers Fruit of Choice	
28	29	30	31			
	Beef Stroganoff Peas and Carrots Sliced Bread Cottage Cheese Fruit of Choice	Catfish, Hushpuppies Tomatoes and Zucchini Black-eyed Peas Coleslaw Strawberry Cake	Closed for the New Year			