



July

PAWHUSKA OSAGE NATION ELDER NUTRITION MENU

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	CLOSED	CLOSED	5
suggested donations over 55 w cdib \$2 all others \$6		BBQ Bologna Baked Beans Coleslaw Texas Toast Onion and Pepper Apple Turnover	Meatloaf Mashed Potatoes Buttered Corn Gravy/Roll Green Salad Cake	CLOSED 	CLOSED 	
6	7	8	9	10	11	12
	Sloppy Joes on a Bun Crinkle Fries Onion and Pickle Spear Three Bean Salad Fruit of Choice	Turkey and Cheese Wrap Lettuce and Tomato Chips Fresh Fruit Cookie	Pasta Bake w/ Italian Sausage California Blend Garlic Bread Tossed Salad Pudding	Cheese Enchiladas Spanish Rice Capri Veg Blend Fritos Marinated Salad Brownie	Indian Taco Day! Seasoned Ground Beef Kidney Beans Lettuce, Tomato, Onion, Sour Cream, and Salsa Cherry Crisp	
13	14	15	16	17	18	19
	Ham and Beans Oven Potato Spinach Corn Bread Cottage Cheese Fruit of Choice	Chicken Strips Mashed Potatoes Corn Dodgers Gravy/Biscuit Beet and Onion Rocky Road Pudding	Hot Hamburgers Seasoned wedges Green Beans Toast/Gravy Salad Strawberry Cake	Country Fried Stk Sandwich Lettuce, Tomato, Pickle Pork and Beans Potato Salad Tropical Fruit	Salad Bar Day! Ham, Turkey, Cheese, and Vegetables. Asst. Cracker Fresh Fruit	
20	21	22	23	24	25	26
	Goulash Peas and Carrots Bread Stick Cottage Cheese Rosy Applesauce	Fish Portions Tomato Mac Mixed Greens Hush Puppies Creamy Coleslaw	Pork Chop Stuffing Squash Mix Gravy/Roll Green Salad Blueberry muffin	Beef Tips Over Rice Breaded Mushrooms Veggie Blend Roll Pasta Salad Fruited Jello	Breakfast Burrito Oven Potatoes Veggie Tray Granola Fresh Fruit	
27	28	29	30	31		
	Manicotti with Marinara Sauce Broccoli Caesar salad Fruit of Choice	Chicken Wings Mac and Cheese Okra & Tomato Italian Coleslaw Biscuit Peach Tart	Closed For In-Service Training	Polish Sausage on a Bun w/ Sauerkraut Waffle Fries Green Salad Fruited Jello		