

JULY 2024

OSAGE NATION ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Suggested Donations over 55 w/ CDIB \$2 all others \$6	Chicken Fried Steak, Mashed Potatoes, Gravy, Carrots, Cottage Cheese, Fruit and Milk	Brunch, Eggs, Sausage, Biscuit & Gravy, Fried Potatoes, Cereal, Pears and Milk	Deli Wraps, Lettuce, Tomato, Onion, Cheese, Pork-N-Beans, Pudding Cup and Milk	CLOSED in Observance of the Independence Holiday	CLOSED in Observance of the Independence Holiday	
7	8	9	10	11	12	13
	Goulash, Corn, Garlic Bread, Cottage Cheese, Fruit and Milk	Catfish, Hushpuppies, Spinach, Coleslaw, Fruited Jello and MILK	Brisket, Mashed Potatoes and Gravy, Green Beans, Roll, Chocolate Delight, Fruit and Milk	Pulled Pork on a Bun, Baked beans, Potato Salad, Rice Pudding, Fruit and Milk	Hot Dog, Chili, Cheese, Onions, Chips Fresh Fruit and Milk	
14	15	16	17	18	19	20
	Chicken & Noodles, Mixed Vegetables, Biscuits, Cottage Cheese, Fruit and Milk	Enchiladas, Rice, Refried Beans, Chips, Salad, Fruit Cup and Milk	Pork Chops, Mashed Potatoes and Gravy, Brussel Sprouts, Apple Cobbler, Roll, Salad and Milk	Walking Taco, Lettuce, Tomatoes, Cheese, Onion, Corn, Fruit and Milk	Fully Loaded Baked Potatoes, Cheese, Chili, Cookie, Fruit and Milk	
21	22	23	24	25	26	27
	Beans & Ham, Tator Tots, Spinach, Cornbread, Fruit and Milk	Cabbage & Polish Sausage, Parsley Potatoes, California Blend, Blueberry/Blackberry Fruit Blend and Milk	Meatloaf, Mashed Potatoes and Gravy, Mixed Vegetables, Roll, Salad, Fruit and Milk	Fish Sandwich with Cheese, Au Gratin Potatoes, Battered Zucchini, Orange Fluff and Milk	Chicken Salad on a Croissant, Lettuce, Tomatoes, Onion, Chips, Fresh Fruit and Milk	
28	29	30	31			
	Meatball Sub with Cheese and Marinara Sauce, Fries, Cottage Cheese, Fruit and Milk	Salisbury Steak, Mashed Potatoes and Gravy, Carrots, Roll, Salad, Peaches and Milk	Chicken Strips, Mac-N-Cheese, Squash, Fruit, Salad, Roll and Milk			