

JUNE 2026

OSAGE NATION ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Suggested Donations over 55/CDIB \$2 all others \$6	Chili Dogs, Diced Onion, Cheese Tator Tots Cottage Cheese Fruit of Choice	Fish Portions Black-Eyed Peas Squash Blend Hushpuppies Coleslaw Arkansas Salad	Country fried Steak Mashed Potatoes Asparagus Gravy/Roll Green Salad Baked Apples	Chicken and Noodle Mixed Veggies Dinner Roll Green Salad Fruited Jello	Ham Salad on Marble Bread Lettuce, Tomato, Onions, and Pickle Pasta Salad Fresh Fruit	
7	8	9	10	11	12	13
	Sloppy Joes on a Bun Crinkle Fries Snow Peas Cottage Cheese Sld. Apricots	Marinated Chicken Breast Scalloped Potatoes Broccoli Breadstick/Gravy Carrot Raisin Salad	Pork Chops Cornbread Stuffing Brussel Sprouts Dinner Roll/Gravy Green Salad Coconut Pudding	Beef Soft Taco Shredded Lettuce Salad Cilantro Lime Rice Refried Beans Sour Cream Guacamole/Salsa Banana Muffin	Salad Bar Day Assorted Crackers Fresh Fruit Cookie	
14	15	16	17	18	19	20
	Cabbage Rolls Green Beans Cottage Cheese w/Fruit Garlic Breadsticks	Pulled Pork Sandwich Curley Fries BBQ Baked Beans Salad Fruited Jello	Salisbury Steak w/Gravy Mashed Potatoes Carrots Roll/Salad Birthday Cake	Chicken Strips Rice Pilaf Mixed Squash Slice Bread Salad Peaches	Closed in Observance of Juneteenth	
21	22	23	24	25	26	27
	Steak Fingers Au Gratin Potatoes Peas and Carrots Breadsticks Apple Turnover	Chicken Enchiladas Cheesy Hominy Spiced Beans Garden Salad Fruit of Choice	Closed for In-Service Training	Ham and Turkey Wraps Lettuce, Onion, Tomato, Chips Fresh Fruit Granola Bar	Indian Tacos Lettuce, Onions, Tomatoes, Cheese, Beans Sour Cream Grapes and Muffins	
28	29	30				
	Goulash Roasted Corn Garlic Bread Cottage Cheese Fruit	Catfish Macaroni and Cheese California Blend Biscuit Orange Fluff				