

OCTOBER

PAWHUSKA OSAGE NATION ELDER NUTRITION MENU

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
suggested donations over 55 w cdib \$2 all others \$6			Pork Roast Hashbrown Casserole Carrots Salad/Gravy/Roll Brownie	Chicken Strip Mac and Cheese Broccoli Rolls Salad Fruited Jello	Veggie Soup Toasted Ham and Cheese Sandwich Relish Tray Cookie Fresh Fruit	
5	6	7	8	9	10	11
	Philly Cheesesteak Chips Harvard Beets 3 Bean Salad Fruit Of Choice	Ham Slices Sweet Potatoes Mixed Vegetable Salad Dinner Roll Strawberry Pie	Cheeseburgers on a Bun Lettuce, Tomato, Onion, Pickle French Fries Cherry Crisp	Turkey Ala King over Rice Aparagus Salad/Dinner Roll Lemon Tart	Sausage, Egg, and Cheese on an English Muffin Oven Potatoes Veggie Tray Mixed Fruit	
12	13	14	15	16	17	18
	CLOSED IN OBSERVANCE OF OSAGE DAY	Beans and Sausage Tator Barrels Spinach Cornbread Cottage Cheese Fruit of Choice	Meat Gravy Loaded Green Beans Fry Bread Green Salad Birthday Cake	BBQ Chicken Sandwich Baked Beans Potato Salad Pickle and Onions Apple Turnover	Taco Soup Cheese, Green Onions, and Sour Cream Tostitos Fresh Fruit	
19	20	21	22	23	24	25
	Spaghetti and Meatballs Buttered Corn Garlic Toast Cottage Cheese Applesauce	Open Faced Turkey Sandwich Mashed Potatoes Zucchini Salad Cranberry Sauce	Beef Soft Taco Refried Beans Spanish Rice Shredded Lettuce Salad Ambrosia	Fish Portions Mac and Tomatoes Breaded Okra Coleslaw Hushpuppies Banana Pudding	Tuscan Soup Breadstick Green Salad with onion and pepperoncini Fruit Cup	
26	27	28	29	30	31	
	Steak Fingers Wild Rice Brussel Sprouts Dinner Roll Cottage Cheese Fruit of Choice	Chicken Alfredo Mediterranean Blend Garlic Bread Tossed Salad Fruited jello	Closed For In-Service Training	Pork Fritter Scalloped Potatoes Squash Mix Gravy/Roll Pasta Salad Chocolate Square	Harvest Hearty Beef Stew Cheese Stick Veggie Tray Fry Bread Caramel Apple Pudding	