

APRIL 2018

OSAGE NATION ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
suggested donations over 55 w cdib \$2 all others \$6	CHICKEN CORDON BLUE SCALLOPED POTATOES PEAS & CARROTS DINNER ROLL COTTAGE CHEESE PEACHES	BEEF TIPS WITH NOODLES CAPE COD VEGGIES SALAD FOCACIA BREAD FRUITED JELLO	MEATBALL SUBS FRIED GREEN BEANS FRENCH FRIES SALAD PISTACIO PUDDING GRAHAM CRACKERS	PORK CHOPS MASHED POTATOES GRAVY BLACKEYED PEAS WHEAT ROLL SALAD PEACH TARTS	TUNA / CHICKEN SALAD ASSORTED CRACKERS PORK N BEANS TOMATO WEDGES FRESH FRESH FRUIT	
8	9	10	11	12	13	14
	BEEF STEW CORNBREAD COTTAGE CHEESE TROPICAL FRUIT	SLOPPY JOES BUTTERED CORN CHIPS PASTA SALAD APPLE COBBLER	BAKED CHICKEN MASHED POTATOS GRAVY CALIFORNIA BLEND VEGGIES DINNER ROLL FRUITED JELLO	HAM SLICES SWEET POTATOES GREEN PEAS SALAD DINNER ROLL BANANA PUDDING	BEEF SHORT RIBS POTATO WEDGES FRIED OKRA SALAD MIXED BERRIES	
15	16	17	18	19	20	21
	CHICKEN STRIPS MACARONI & CHEESE GREEN BEANS BISCUIT COTTAGE CHEESE MIXED FRUIT	MEATLOAF MASHED POTATOES GRAVY BUTTERED CARROTS DINNER ROLL FRUITED JELLO	CHICKEN STIR FRY BUTTERED RICE EGGROLLS SALAD BIRTHDAY CAKE	INDIAN TACOS KIDNEY BEANS HOMINY SALAD CHERRY TURNOVERS	HAM / EGG SALAD ON RYE BREAD LETTUCE , ONIONS, TOMATOS, PICKLE SPEAR CHIPS FRESH FRUIT	
22	23	24	25	26	27	28
	STUFFED BELL PEPPERS MASHED POTATOES BUTTERED CARROTS COTTAGE CHEESE PEARS	FISH PORTIONS TATER BABIES BUTTERED PEAS HUSH PUPPIES COLESLAW LIME TARTS	CHICKEN FRIED CHICKEN BROCCOLI RICE CASSEROLE CRANBERRY SAUCE PINEAPPLE UPSIDEDOWN CAKE	BRISKETT MASHED POTATOES GRAVY MIXED VEGGIES DINNER ROLL SALAD LEMON SQUARES	FIRST SALAD BAR OF THE SEASON WITH A SURPRISE DESSERT	
29	30					
	CHICKEN & NOODLES MASHED POTATOES MIXIED VEGGIES BISCUIT COTTAGE CHEESE MIXED FRUIT					

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