

January 2019

OSAGE NATION ELDER NUTRITION MENU

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY |
|---|--|--|---|---|---|----------|
|   |  | 1  | 2   | 3   | 4   | 5        |
| suggested donations over 55 w cdib \$2 all others \$6 |  | Closed   | Stuffed Bell Peppers<br>Sliced Potatoes<br>Mixed Squash<br>Dinner Roll<br>Cottage Cheese<br>Fruit | Cheese Enchiladas<br>Spanish Rice<br>Refried Beans<br>Salad<br>Lemon Tarts              | Veggie Soup<br>Chicken Salad<br>Crackers<br>Pickle Spears<br>Cookie<br>applesauce cups              |          |
| 6   | 7  | 8  | 9   | 10  | 11  | 12       |
|   | Chicken and Noodles<br>Mashed Potatoes<br>Mixed Veggies<br>Biscuit<br>Cottage Cheese<br>Apricots | Steak Fingers<br>Potatoe Wedges<br>Cape Cod veggies<br>Gravy/Roll<br>Salad<br>Muffins                | Smothered Pork<br>Chops<br>Hominy<br>Green Beans<br>Gravy/Roll<br>Salad<br>Pudding in a Cloud     | Grilled Chicken<br>Rice Pilaf<br>Carrots<br>Gravy/Roll<br>Salad<br>Cherry Crisp         | Fishwich<br>Lettuce, tomato, onion,<br>and pickle<br>Potato Salad<br>Cookie<br>Orange               |          |
| 13  | 14   | 15   | 16  | 17  | 18  | 19       |
|   | Ham Slices<br>Macaroni and tomatoes<br>Fried Okra<br>Roll<br>Cottage Cheese<br>Pears             | Chicken Strips<br>Scalloped Potatoes<br>Asparagus<br>Gravy/Roll<br>Fruited Jello                     | Meatloaf<br>Mashed Potatoes<br>Buttered Corn<br>Gravy/Roll<br>Salad<br>Birthday Cake              | Fish Portion<br>Oven Potatoes<br>Coleslaw<br>Hushpuppies<br>Green Pea<br>Orange Fluff   | Cowboy Beans<br>Cornbread<br>Cheese Sticks<br>Cookie<br>Fruit                                       |          |
| 20  | 21   | 22   | 23  | 24  | 25  | 26       |
|   | Closed   | Open Faced Turkey<br>Mashed Potatoes<br>California Blend<br>Gravy<br>Cottage Cheese<br>Fruit         | Philly steak sandwiches<br>Sweet Potato Fries<br>Salad<br>Fruited Jello                           | Chicken Alfredo<br>Cauliflower Medley<br>Bread sticks<br>Salad<br>Rocky Road Pudding    | Ham Salad on Rye<br>Lettuce, Tomato, Onion,<br>and Pickle<br>Pork and Beans<br>Chips<br>Fresh Fruit |          |
| 27  | 28   | 29   | 30  | 31  |   |          |
|   | Ham and Beans<br>Oven Potatoes<br>Spinach<br>Cornbread<br>Cottage Cheese<br>Mixed Fruit          | Baked Breaded Chicken<br>Mashed Potatoes<br>Brussel Sprouts<br>Gravy/Roll<br>Salad<br>Arkansas Salad | BBQ Pork Sandwiches<br>Potato Salad<br>Baked Beans<br>Broccoli Ranch Salad<br>Apple Dumpling      | Spaghetti and Meat Sauce<br>Roasted Corn<br>Garlic Bread<br>Green Salad<br>Lemon Square |   |          |