

March 2019

OSAGE NATION ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 2
suggested donations over 55 w cdib \$2 all others \$6					Tomato Soup Grilled Cheese Sandwiches Relish Tray Crackers and Cookie Apple	
3	4	5	6	7	8	9
	Country Fried Steak Au Graten Potatoes Asparagus Dinner Roll Cottage Cheese Tropical Fruit	Baked Breaded Chicken Rice Pilaf Peas and Pearl Onion Biscuit Spice Cake	Tilapia Potato Babies Roasted Corn Hushpuppies Salad Fruit	Pork Stir Fry Buttered Rice Eggrolls Chinese Noodles Salad Fortune Cookie Pudding	Vegetable Soup Cold Cuts on Wheat Lettuce, Tomato, Onion Pickle Spear Orange Cookies	
10	11	12	13	14	15	16
	Chicken Strips Mashed Potatoes Squash Medley Gravy/Roll Cottage Cheese Peaches	Goulash Buttered Corn Garlic Bread Salad Cherry Fluff	Ham Slices Macaroni and Cheese Okra and Tomatoes Dinner Roll Salad Fruited Jello	Corned Beef Cabbage Parsley Potatoes Dinner Roll Salad Muffins	Closed	
17	18	19	20	21	22	23
	Ham and Beans Tator Tots Spinach Cornbread Cottage Cheese Pears	Fish Portions Potato Wedges Mediterranean Veg Hushpuppies Coleslaw Chocolate Square	Meatloaf Mashed Potatoes Green Beans Gravy/Roll Salad Birthday Cake	Pork Chop Macaroni and Tomatoes Carrots Gravy/Roll Salad Peach Cobbler	Potato Soup Ham Salad Crackers Relish Tray Banana Cookies	
24	25	26	27	28	29	30
	Beef Stroganof Mixed Veggies Bread Stick Cottage Cheese Fruit Mix	Grilled Chicken Scalloped Potatoes Capoe Cod Veggies Gravy/Roll Salad	Cowboy Beans Cornbread Cheesesticks Salad Ambrosia	Chicken Enchiladas Spanish Rice Refried Beans Salad Fruited Jello	Baked Potato Bar With all the fixings Chili Broccoli Fruit Cup Cookie	