

July 2026

FAIRFAX OSAGE NATION ELDER NUTRITION MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
Suggested Donations over 55 W/CDIB \$2 all others \$6			BBQ Bologna Baked Beans Coleslaw Texas Toast Onion and Pepper Apple Turnover	Cheeseburgers Lettuce, Tomato, Onion, Pickles French Fries Pudding Cookies	CLOSED 	
5	6	7	8	9	10	11
	CLOSED 	Baked Chicken Breast Rice Pilaf Carrots Dinner Roll Cottage Cheese Fruit of Choice	Chicken Alfredo Broccoli Garlic Bread Tossed Salad Ambrosia	Chicken Enchiladas Spanish Rice Capri Veg Blend Tostitos/Salsa Brownie	Beef Tips Over Rice Veggie Blend Roll Garden Salad Fruited Jello	
12	13	14	15	16	17	18
	Ham and Beans Oven Potato Spinach Corn Bread Cottage Cheese Fruit of Choice	Chicken Strips Mashed Potatoes Squash Blend Gravy/Biscuit Beet and Onion Peach Crisp	Hot Ham and Cheese on a Croissant Roll Lettuce, Tomato Onion, Chips Relish Tray Fresh Fruit Granola Bar	Walking Tacos Shred Lettuce Salad Black Beans Salsa, Guacamole Sour Cream Diced Mango	Corn Soup Loaded Green Beans Fry Bread Green Salad White Cake w/Berries	
19	20	21	22	23	24	25
	Spaghetti and Meatballs Peas and Carrots Bread Stick Cottage Cheese Rosy Applesauce	Hamburger Soup W/Pasta Breaded Okra Cheese Stick Crackers Lime Fluff	Hot Hamburgers Seasoned Wedges Roasted Corn Toast/Gravy Salad Strawberry Cake	Breaded Chicken Sandwich Lettuce, Tomato, Pickle Pork and Beans Potato Salad Tropical Fruit	Breakfast Burrito Bell Pepper/Onion Oven Potatoes Veggie Tray Granola Fresh Fruit	
26	27	28	29	30	31	
	Fajitas Spanish Rice Charro Beans Sour Cream/Salsa Cottage Cheese Churros	Steak Fingers Cream Gravy Mac and Cheese Zucchini & Tomato Biscuit Peach Tart	Closed For In-Service Training	Chili Dogs Diced Onion/Cheese Waffle Fries Green Salad Fruited Jello	Deli Meat Submarine Lettuce , Tomato and Pickle Spear Assorted Chips Cookies Fresh Fruit	