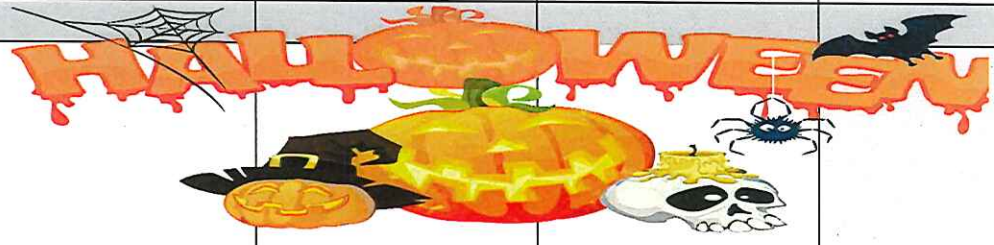


DELAWARE TRIBE ELDER NUTRITION
October, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	SALAD BAR Broccoli Cheese Soup Baked Potatoes Cobbler	SALAD BAR Chicken Tenders Mashed Potatoes Gravy Peas Cookie Bar	SALAD BAR Hot Hamburgers Corn on Cob Chocolate Pudding	SALAD BAR Pancakes Bacon Scrambled Eggs Fruit	SALAD BAR Indian Taco Bar Brownie	
8	9	10	11	12	13	14
	SALAD BAR Baked Ham Sweet Potatoes Zuchini/Tomatoes Roll POP CAKE	SALAD BAR Beef Stew Biscuit Cookie Bar	SALAD BAR RONDA COOKING!! Beans Spinach Cornbread Peach Crunch	SALAD BAR RONDA IS COOKING Grandma's Creole Casserole Green Beans Garlic Stix Grape Dumplings	SALAD BAR Ronda AGAIN :) Mexican Casserole Cookie	
15	16	17	18	19	20	21
	SALAD BAR Grilled Chicken Breast Scalloped Potatoes Carrots Roll Pudding	SALAD BAR Fish Sandwich Potatoe Wedges Cole Slaw Lemon Pudding	SALAD BAR BIRTHDAYS HAMBURGERS ALL THE FIXINGS Tater Tots ICE CREAM & CAKE	SALAD BAR Chicken & Noodles Mashed Potatoes Gravy Green Beans Roll Cookie	SALAD BAR Lasagna Green Beans Garlic Roll Cheese Cake	
22	23	24	25	26	27	28
	SALAD BAR Meatball Sub with Marinara Chips Cherry Dump Cake	SALAD BAR Pork Roast Potatoes/Carrots Roll Pudding	SALAD BAR Pork Chops Augrautin Potatoes Broccoli w Cheese Biscuit Apple Cobbler	SALAD BAR Chicken ala king over Biscuit Corn on Cob Cookie	SALAD BAR Cattfish Slaw Potatoe Wedges Hush Puppy Lemon Pudding	
29	30	31				
	SALAD BAR Goulash Cali Blend Garlic Rolls Cake	SALAD BAR ARCHIE'S HALLOWEEN EXTRAVAGANZA BE AWARE !!!				

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice