



DELAWARE TRIBE ELDER NUTRITION
November, 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------|----------|
|  <h1 align="center">Happy Thanksgiving</h1> | | | | | 1 | 2 |
| | | | | | TOPPING BAR | |
| | | | | | INDIAN TACO | |
| | | | | | BROWNIE | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | SALAD BAR Chicken Tenders Mashed Potatoes Gravy Peas Cookie | Tatertot Casserole Cucumber/Tomato Salad Biscuit Pudding | Beans & Cornbread Fried Potatoes Apple Crunch | SALAD BAR Meatloaf Mashed potatoes Gravy Peas Biscuit Cookie | Baked Potato Bar Broccoli Cheese Soup Ice Cream Sandwich | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | CLOSED VETERANS DAY | SALAD BAR Chicken & Noodles Mashed Potatoes Green Beans Roll Cookie Bar | Toppings Mexican casserole Corn Chips, Salsa Cheese Dip Ice Cream Bar | Sloppy Joe Chips Corn Salad Brownie | Taco Soup Tortilla Chips Soup Toppings Pecan Pie Bars | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | SALAD BAR Polish Dogs Sauerkraut Scalloped Potatoes Apple Sauce | SALAD BAR Goulash Green Beans Biscuit Cherry Dump Cake | BIRTHDAYS Hamburger French Fries Cake/Ice Cream | SALAD BAR Frito Chili Pie Topping Bar Peach Cobbler | The Minnehaha Soup 1/2 Deli Sandwich Chips Cookie | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | TOPPING BAR Walking Taco Beef or Chicken Chocolate Punch Pudding Cake | Philly Cheese Steak Chips Apple Crisp | Cranberry Sauce Carved Ham Candied Yams Green Bean Casserole Roll Pumpkin Pie | CLOSED THANKSGIVING | CLOSED | |

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice