

Delaware Tribe Elder Nutrition

JANUARY 2012

Sun	Monday	TUESDAY	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
	CLOSED	BROWN BEANS CORNBREAD SPINACH COBBLER	LIVER & ONIONS MASHED POTATO CARROTS SALAD FRUIT	HAMBURGER FRENCH FRIES COLE SLAW CAKE	INDIAN TACO BROWNIES	
8	9	10	11	12	13	14
	MEATLOAF MASHED POTATO CAULIFLOWER SALAD FRUIT	CHICKEN & NOODLES MASHED POTATO GREEN BEANS CAKE	ROAST PORK AU GRATIN POTATOES BROCCOLI APPLESAUSE	BEEF STEW CORNBREAD COBBLER	CATFISH MAC & CHEESE SALAD JELLO	
15	16	17	18	19	20	21
	SALISBURY STEAK MASHED POTATO PEAS & CARROTS SALAD CAKE	BREAKFAST FRUIT	TACO SALAD JELLO	BAKED CHICKEN MASHED POTATO BAKED BEANS SALAD PUDDING	TUNA CASSEROLE JELLO	
22	23	24	25	26	27	28
	BAKED HAM SWEET POTATO GREEN BEANS CARROTS COBBLER	BEEF & NOODLES MASHED POTATO CORN SALAD FRUIT	PORK CHOP MASHED POTATO HOMINY APPLESAUSE PUDDING	NAVY BEANS SPINACH CORNBREAD FRUIT	SMOTHERED CHICKEN RICE BROCOLLI BEETS JELLO	
29	30	31				
	SPAGHETTI PEAS GARLIC BREAD SALAD CAKE	MEXICAN CASSEROLE SPANISH RICE REFRIED BEANS JELLO				

All meals include water, milk, coffee and tea

Meals subject to change without notice