

Delaware Tribe Elder Nutrition Menu

February, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			LIVER & ONIONS MASHED POTATO GREEN BEANS SALAD FRUIT	BAKED CHICKEN DRESSING CARROTS SALAD PUDDING	INDIAN TACOS BROWNIES	
5	6	7	8	9	10	11
	BROWN BEANS FRIED POTATO SPINACH COBBLER	MEATLOAF MASHED POTATO CORN SALAD CAKE	PORK CHOP AU GRATIN POTATO PEAS & CARROTS APPLESAUCE FRUIT	BEEF STEW CORNBREAD COBBLER	CATFISH MAC. & CHEESE PEAS JELLO	
12	13	14	15	16	17	18
	BAKED HAM SWEET POTATO GREEN BEANS SALAD CAKE	SALISBURY STEAK MASHED POTATO BROCCOLI CARROTS JELLO	BREAKFAST	SPAGHETTI PEAS SALAD GARLIC BREAD COBBLER	TUNA CASSEROLE MIXED VEGETABLE BEETS JELLO	
19	20	21	22	23	24	25
	LASAGNA COTTAGE CHEESE SALAD GARLIC TOAST FRUIT	CHICKEN FRIED STEAK MASHED POTATO CORN SALAD PUDDING	MEXICAN CASSEROLE REFRIED BEANS SPANISH RICE JELLO	HAMBURGERS FRENCH FRIES POTATO SOUP CAKE	BBQ CHICKEN AU GRATIN POTATO BAKED BEANS SALAD COBBLER	
26	27	28	29			
	BEEF & POTATO HOMINY BEETS CAKE CAKE	CHICKEN & NOODLES MASHED POTATO GREEN BEANS SALAD	SAUERKRAUT & FRANKS FRIED POTATO CORN FRUIT			

All meals include water, milk, coffee and tea

Meals subject to change without notice