

Delaware Tribe Elder Nutrition

MARCH 2012

Sun	Monday	TUESDAY	Wednesday	Thursday	Friday	Sat
				1	2	3
				BEEF LIVER MASHED POTATO GREEN BEANS SALAD BEETS JELLO	INDIAN TACO BROWNIES	
4	5	6	7	8	9	10
	OVEN FRIED CHICKEN MASHED POTATO BROCOLLI SALAD PUDDING	POT ROAST CARROTS POTATO SALAD JELLO	PORK RIBS CABBAGE BLACKEYED PEAS SALAD PIE	HAMBURGER FRENCH FRIES SOUP CAKE	CATFISH BREADED TOMATO FRIED OKRA SALAD JELLO	
11	12	13	14	15	16	17
	BAR B QUE SANDWICH BAKED BEANS CHIPS CAKE	SMOTHERED CHICKEN / RICE BRUSSELL SPROUTS SALAD COBBLER	TACO SALAD BROWNIES	BREAKFAST	SALMON PATTY FRIED POTATOES COLE SLAW JELLO	
18	19	20	21	22	23	24
	BEEF & GRAVY POTATO HOMINY FRY BREAD COBBLER	HAM & CHEESE SANDWICH SOUP CHIPS CAKE	BAKED CHICKEN DRESSING GREEN BEANS SALAD PUDDING	HOT PIES SALAD BROWNIES	TUNA SANDWICH SOUP CHIPS CAKE	
25	26	27	28	29	30	31
	CHICKEN & NOODLES MASHED POTATO GREEN BEANS SALAD CAKE	CABBAGE ROLL BAKED POTATO BEETS SALAD COBBLER	ROAST PORK CARROTS SWEET POTATOES APPLESAUCE PUDDING	BEEF STEW CORNBREAD FRUIT	BROWN BEANS FRIED POTATO SPINACH CORNBREAD COBBLER	

All meals include water, milk, coffee and tea

Meals subject to change without notice