

## Delaware Tribe Elder Nutrition Menu

### May, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		MEATLOAF MASHED POTATO GREEN BEANS SALAD  PUDDING	CHICKEN STIR FRY RICE BROCCOLI  JELLO	PULLED PORK MASHED POTATO MIXED VEGETABLES SALAD STRAWBERRY SHORT CAKE	INDIAN TACOS   BROWNIES	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	SMOTHERED CHICKEN RICE SQUASH SALAD PUDDING	BEANS CORNBREAD FRIED POTATO SPINACH  JELLO	GOULASH HOMINY BEETS SALAD  COBBLER	GRILLED CHEESE SANDWICH SOUP CRACKERS  CAKE	CATFISH MAC & CHEESE PEAS SALAD  JELLO	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	LIVER & ONIONS MASHED POTATO GREEN BEANS SALAD  CAKE	BREAKFAST   APPLESAUCE	SPAGHETTI SALAD  FRUIT	BEEF BURRITO SPANISH RICE 3 BEAN SALAD  JELLO	TUNA CASSEROLE PEAS & CARROTS SALAD  PUDDING	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	PORK RIBS CABBAGE BLACKEYED PEAS BEETS FRUIT	CHICKEN & NOODLES MASHED POTATO GREEN BEANS SALAD PUDDING	HAMBURGER ONION RINGS SALAD  CAKE	OVEN FRIED CHICKEN MIXED VEGETABLES MASHED POTATO  PUDDING	SALMON PATTIE MACARONI SALAD CAULIFLOWER  JELLO	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
	BEEF & GRAVY OVER POTATOES HOMINY FRY BREAD  COBBLER	HAM & CHEESE SANDWICH CHIPS SOUP  CAKE	STUFFED BELL PEPPERS AU GRAUTIN POTATO BLACKEYED PEAS FRUIT	BBQ CHICKEN BAKED BEANS POTATO SALAD  PIE		

All meals include water, milk, coffee and tea

Meals subject to change without notice