

Delaware Tribe Elder Nutrition Menu

July, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	BEEF LASAGNA PEAS SALAD FRUIT	COOKOUT	CLOSED FOR THE FOURTH	BEANS SPINACH FRIED POTATO CORNBREAD FRUIT	INDIAN TACOS BROWNIES	
8	9	10	11	12	13	14
	HAM SWEET POTATO BROCCOLLI SALAD CAKE	BBQ BEEF SANDWICH BAKED BEANS POTATO SALAD COBBLER	BREAKFAST JELLO	BEEF & GRAVY OVER POTATOES HOMINY FRY BREAD FRUIT	TUNA SANDWICH CHIPS SALAD CAKE	
15	16	17	18	19	20	21
	CHICKEN STIR FRY RICE JELLO	PORK CHOP MASHED POTATO CORN APPLESAUCE PUDDING	LIVER & ONIONS MASHED POTATO GREEN BEANS SALAD CAKE	MANDARIN CHICKEN SALAD COBBLER	CATFISH FRENCH FRIES SALAD PUDDING	
22	23	24	25	26	27	28
	SPAGHETTI W/MEAT SAUCE SALAD GARLIC BREAD JELLO	BBQ CHICKEN BAKED BEANS POTATO SALAD CAKE	PULLED PORK MASHED POTATO PEAS & CARROTS SALAD COBBLER	OVEN FRIED CHICKEN MASHED POTATO GREEN BEANS SALAD SHORT CAKE	SALMON PATTIE FRIED POTATOES PORK & BEANS JELLO	
29	30	31				
	CABBAGE ROLL BLACKEYED PEAS BEETS COBBLER	CHICKEN & NOODLES MASHED POTATO GREEN BEANS SALAD PUDDING				

All meals include water, milk, coffee and tea

Meals subject to change without notice