

DELAWARE TRIBE ELDER NUTRITION
September, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
	CLOSED LABOR DAY	MEXICAN CASSEROLE RICE REFRIED BEANS ICE CREAM	CHICKEN & NOODLES MASHED POTATOES GREEN BEANS SALAD JELLO W/FRUIT	SAUERKRAUT & SMOKED SAUSAGE POTATO AU GRATIN PORK & BEANS FRUIT	INDIAN TACO BROWNIES	
9	10	11	12	13	14	15
	CABBAGE ROLL BLACKEYED PEAS BEETS FRUIT	CHEF SALAD CAKE	CHICKEN POT PIE HOMINY SALAD COBBLER WAR MOTHER'S MEET AFTER LUNCH	LIVER & ONIONS MASHED POTATO BROWN BEANS SALAD PUDDING	CATFISH MAC & CHEESE PEAS COLE SLAW JELLO	
16	17	18	19	20	21	22
	PORK CHOP MASHED POTATO PEAS & CARROTS APPLESAUCE PUDDING	MEAT LOAF MASHED POTATO CORN SALAD JELLO	OVEN FRIED CHICKEN MASHED POTATO BREADED TOMATOES SALAD CAKE	BROWN BEANS CORNBREAD FRIED POTATOES SPINACH PUDDING	HAMBURGER FRENCH FRIES SALAD STRAWBERRY SHORT CAKE	
23	24	25	26	27	28	29
	SPAGHETTI PEAS SALAD GARLIC BREAD CAKE	HAM SWEET POTATO FRIED OKRA COLE SLAW FRUIT	BEEF & NOODLES MASHED POTATO BROCCOLI SALAD JELLO	BBQ CHICKEN POTATO SALAD BAKED BEANS COBBLER	PORK RIBS CABBAGE BLACKEYED PEAS CAULIFLOWER FRUIT	

All meals include water , milk ,coffee and tea

Meals subject to change without notice