

DELAWARE TRIBE ELDER NUTRITION
October, 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|--|---|--|-----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | BROWN BEANS CORNBREAD FRIED POTATOES SPINACH PUDDING | LASAGNA PEAS SALAD GARLIC BREAD FRUIT | BREAKFAST | CHICKEN STRIPS MASHED POTATO CORN SALAD COBBLER | INDIAN TACO BROWNIES | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | HAM & CHEESE SANDWICH CHIPS SOUP PUDDING | CHICKEN STIR FRY RICE BROCCOLI SALAD FRUIT | MEATLOAF MASHED POTATO GREEN BEANS SALAD JELLO WAR MOTHERS 1:00 PM | PORK CHOP MASHED POTATO CARROTS SALAD COBBLER | CATFISH MAC & CHEESE PEAS COLE SLAW PUDDING | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | BEEF & GRAVY OVER POTATO HOMINY BEETS COBBLER | PORK ROAST MASHED POTATO CORN SALAD APPLESAUCE | SMOTHERED CHICKEN RICE BROCCOLI FRUIT | SPAGHETTI PEAS SALAD GARLIC TOAST FRUIT | BBQ RIBS POTATO SALAD PORK & BEANS COLE SLAW COBBLER | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | LIVER & ONIONS MASHED POTATO BROWN BEANS SALAD FRUIT | OVEN FRIED CHICKEN MASHED POTATO FRIED OKRA SALAD JELLO | PORK RIBS CABBAGE BLACKEYED PEAS BEETS FRUIT | CHICKEN FRIED STEAK MASHED POTATO PEAS & CARROTS SALAD PUDDING | MANDRIN CHICKEN SALAD CAKE | |
| 28 | 29 | 30 | 31 | | | |
| | BAKED HAM SWEET POTATO BAKED BEANS SALAD FRUIT | BEEF STEW CORNBREAD BROWNIES | HALLOWEEN ARCHIE'S CHOICE | | | |

All meals include water, milk, coffee and tea

Meals subject to change without notice