

DELAWARE TRIBE ELDER NUTRITION

November, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				MEATLOAF MASHED POTATO GREEN BEANS SALAD JELLO	INDIAN TACO BROWNIES	
4	5	6	7	8	9	10
	LIVER&ONIONS MASHED POTATO BROWN BEANS SALAD FRUIT	PORK CHOP MASHED POTATO PEAS & CARROTS APPLESAUCE CAKE	OVEN FRIED CHICKEN POTATO SALAD BAKED BEANS COBBLER	HAMBURGER FRENCH FRIES CAKE	CATFISH MAC & TOMATOES FRIED OKRA COLE SLAW JELLO	
11	12	13	14	15	16	17
	CLOSED VETERANS DAY	BEEF STEW BROWNIES	SPAGHETTI W / CHILI & CHEESE PEAS SALAD GARLIC TOAST JELLO WAR MOTHERS 1:00	CHICKEN STRIPS MASHED POTATO CORN SALAD CAKE	TUNA SANDWICH POTATO SOUP CHIPS COBBLER	
25	19	20	21	22	23	24
	BEANS FRIED POTATO SPINACH CORNBREAD PUDDING	CHICKEN FRIED STEAK FRENCH FRIES COLE SLAW CAKE	THANKSGIVING DINNER	CLOSED THANKSGIVING	CLOSED	
25	26	27	28	29	30	
	SALISBURY STEAK MASHED POTATO GREEN BEANS SALAD COBBLER	CHICKEN STIR FRY RICE BROCCOLI FRUIT	CHEF SALAD CAKE	PORK RIBS CABBAGE BLACKEYED PEAS BEETS FRUIT	MEXECAN CASSEROLE RICE REFRIED BEANS JELLO	

All meals include water, milk, coffee and tea

Meals subject to change without notice