

**DELAWARE TRIBE ELDER NUTRITION
DECEMBER 2012**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|---|---|--|-----------|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | BEANS FRIED POTATOES SPINACH CORNBREAD PUDDING | PORK CHOP MASHED POTATO CARROTS SALAD CAKE | MEATLOAF MASHED POTATO CORN SALAD COBBLER | OVEN FRIED CHICKEN FRENCH FRIES SALAD FRUIT | INDIAN TACO BROWNIES | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | LIVER & ONIONS MASHED POTATO BROWN BEANS SALAD FRUIT | BEEF & GRAVY POTATOES HOMINY BEETS COBBLER | BAKED CHICKEN AU GRATIN POTATO PEAS & CARROTS SALAD JELLO | CABBAGE ROLL BROCCOLI BLACKEYED PEAS SALAD CAKE | CATFISH MAC & CHEESE PEAS SALAD JELLO | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | SMOTHERED CHICKEN RICE MIXED VEGETABLE CAKE | BEEF STEW CORNBREAD CRACKERS FRUIT | HAMBURGERS BAKED POTATOES COBBLER | BREAKFAST | CHRISTMAS DINNER | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | CLOSED CHRISTMAS | CLOSED CHRISTMAS | PORK ROAST MASHED POTATO CORN SALAD COBBLER | MANDRIN CHICKEN SALAD | CHICKEN FRIED STEAK MASHED POTATO FRIED OKRA FRUIT | |
| 30 | 31 | | | | | |
| | BEANS FRIED POTATOES SPINACH CORNBREAD PUDDING | | | | | |

All meals include water, milk, coffee and tea

Meals subject to change without notice