

# DELAWARE TRIBE ELDER NUTRITION

## JANUARY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		CLOSED NEW YEARS DAY	PORK CHOP MASHED POTATO BROCCOLI SALAD  PUDDING	LIVER & ONIONS MASHED POTATO GREEN BEANS SALAD  CAKE	INDIAN TACO  BROWNIES	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	CABBAGE ROLL BLACKEYED PEAS BEETS  COBBLER	BEEF STEW CORNBREAD CRACKERS  FRUIT	CHICKEN POT PIE SALAD  PUDDING	LASAGNA PEAS CARROTS SALAD  CAKE	CATFISH FRENCH FRIES SALAD  JELLO	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	BEANS CORNBREAD SPINACH FRIED POTATOS  FRUIT	CHICKEN & NOODLES MASHED POTATO GREEN BEANS SALAD PUDDING	HAMBURGERS PORK & BEANS POTATO SALAD  CAKE	BREAKFAST	MEATLOAF MASHED POTATO CORN SALAD  COBBLER	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	TUNA CASSEROLE SALAD  CAKE	BBQ CHICKEN POTATO SALAD BAKED BEANS  COBBLER	GRILLED CHEESE TOMATO SOUP CRACKERS  CAKE	PORK RIBS CABBAGE BLACKEYED PEAS MACARONI SALAD  FRUIT	SPAGHETTI PEAS SALAD  JELLO	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
	CHICKEN FRIED STEAK MASHED POTATO CORN SALAD  PUDDING	CHEF SALAD  CAKE	ROAST PORK MASHED POTATO MIXED VEGETABLES APPLE SAUCE  COBBLER	SALMON PATTY POTATO AUGRATIN BROCCOLI  JELLO		

All meals include water, milk, coffee and tea

Meals subject to change without notice