

DELAWARE TRIBE ELDER NUTRITION

May, 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			MEATLOAF MASHED POTATO GREEN BEANS SALAD JELLO	BEANS FRIED POTATOES SPINACH CORNBREAD FRUIT	INDIAN TACO BROWNIES	
5	6	7	8	9	10	11
	PORK CHOP MASHED POTATO CORN APPLESAUCE COBBLER	LIVER & ONIONS MASHED POTATO PEAS & CARROTS SALAD CAKE	CABBAGE ROLL BLACKEYED PEAS BEETS FRUIT	BAKED HAM SWEET POTATO GREEN BEANS SALAD COBBLER	CATFISH MAC & CHEESE SALAD PEAS JELLO	
12	13	14	15	16	17	18
	CHICKEN STRIPS FRENCH FRIES SALAD CAKE	BEEF & GRAVY OVER POTATOES HOMINY COBBLER	BBQ CHICKEN MASHED POTATOES PORK & BEANS CAKE	HAMBURGER BAKED POTATO PIE	CHICKEN POT PIE BROCCOLI CAKE	
19	20	21	22	23	24	25
	SALISBURY STEAK MASHED POTATO GREEN BEANS CAKE	MEXICAN CASSEROLE RICE REFRIED BEANS FRUIT	BAKED CHICKEN DRESSING MASHED POTATOES CARROTS COBBLER	CHEF SALAD BAKED POTATO FRUIT	SALMON PATTIE PEAS & CARROTS COLE SLAW JELLO	
26	27	28	29	30	31	
	CLOSED MEMORIAL DAY	BROWN BEANS FRIED POTATOES SPINACH CORNBREAD JELLO	BREAKFAST	STUFFED BELL PEPPER POTATO AU GRATIN BLACKEYED PEAS FRUIT	GOULASH PEAS SALAD PUDDING	

All meals include water, milk, coffee and tea

Meals subject to change without notice