

DELAWARE TRIBE ELDER NUTRITION
June, 2013

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|---|---|----------|
| | | | | | | 1 |
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| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | MEATLOAF MASHED POTATO CARROTS SALAD PUDDING | PORK CHOP MASHED POTATO CORN SALAD JELLO | B B Q BEEF ON A BUN BAKED BEANS POTATO SALAD FRUIT | CHICKEN & NOODLES MASHED POTATO GREEN BEANS COBBLER | INDIAN TACO BROWNIES | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | BROWN BEANS FRIED POTATO SPINACH CORNBREAD FRUIT | LIVER & ONIONS MASHED POTATO FRIED OKRA SALAD PUDDING | HOT DOGS CHILI CHEESE FRITOS COOKIES | BAKED HAM YAMS GREEN BEANS SALAD COBBLER | CATFISH FRENCH FRIES COLE SLAW PUDDING | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | SPAGHETTI PEAS GARLIC BREAD SALAD PUDDING | OVEN FRIED CHICKEN AU GRATIN POTATO PORKS & BEANS SALAD FRUIT | BEEF & GRAVY OVER POTATOS HOMINY SALAD COBBLER | BREAKFAST | SALMON PATTIE MAC & CHEESE PEAS & CARROTS FRUIT | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | CHICKEN POT PIE BROCCOLI SALAD CAKE | CHILI CHEESE FRITOS FRUIT | CHICKEN FRIED STEAK MASHED POTATO CORN SALAD JELLO | HAMBURGERS CHEESE BAKED POTATO CAKE | GOULASH PORK & BEANS GARLIC BREAD SALAD PUDDING | |

All meals include water, milk, coffee and tea

Meals subject to change without notice