

# DELAWARE TRIBE ELDER NUTRITION

## July, 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	BROWN BEANS FRIED POTATOES SPINACH FRY BREAD FRUIT ELDERS MEETING 1:00PM	LASAGNA PEAS & CARROTS SALAD GARLIC BREAD  PUDDING	COOKOUT	CLOSED	INDIAN TACO  WAR MOTHERS HONOR VETERANS BROWNIES	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	OVEN FRIED CHICKEN MASHED POTATO CARROTS SALAD  CAKE	BEEF & GRAVY OVER POTATO HOMINY SALAD  COBBLER	B B Q PORK ON A BUN MACARONI SALAD BAKED BEANS  FRUIT	MEATLOAF MASHED POTATO GREEN BEANS SALAD  COBBLER	CATFISH FRENCH FRIES COLE SLAW  JELLO	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	BAKED HAM YAMS CORN SALAD  PUDDING	LIVER & ONIONS MASHED POTATO FRIED OKRA SALAD  FRUIT	PORK RIBS CABBAGE BLACKEYED PEAS SALAD  JELLO	BREAKFAST	TUNA CASSEROLE CARROTS SALAD  CAKE	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	PORK CHOP MASHED POTATO PORK & BEANS SALAD  APPLESAUCE	SPAGHETTI PEAS GARLIC BREAD SALAD  FRUIT	BAKED CHICKEN DRESSING MASHED POTATO GREEN BEANS  PUDDING	HAM & CHEESE SANDWICH CHIPS  COOKIE FRUIT	CHICKEN FRIED STEAK MASHED POTATO CORN SALAD  JELLO	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
	GOULASH PORK & BEANS GARLIC BREAD SALAD  CAKE	MEXICAN CASSEROLE REFRIED BEANS RICE  JELLO	SALISBURY STEAK MASHED POTATO HOMINY SALAD  COBBLER			

All meals include water, milk, coffee and tea

Meals subject to change without notice