

DELAWARE TRIBE ELDER NUTRITION

August, 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				CHEF SALAD BAKED POTATO FRUIT	INDIAN TACO BROWNIE	
4	5	6	7	8	9	10
	BEANS FRIED POTATOES SPINACH CORNBREAD FRUIT	CHICKEN STRIPS FRENCH FRIES SALAD CAKE	MEATLOAF MASHED POTATOES GREEN BEANS SALAD JELLO	B B Q PORK ON A BUN PORK & BEANS POTATO SALAD COBBLER	CATFISH FRENCH FRIES COLE SLAW JELLO	
11	12	13	14	15	16	17
	CHICKEN BREAST OVER RICE BROCCOLI SALAD PUDDING	SAUERKRAUT & FRANKS FRIED POTATOES SALAD FRUIT	PANCAKES SAUSAGE & EGGS APPLESAUCE	LASAGNA GREEN PEAS GARLIC BREAD SALAD CAKE	CHICKEN & NOODLES MASHED POTATOES GREEN BEANS JELLO	
18	19	20	21	22	23	24
	CHILI FRITOS CHEESE CRACKERS COOKIES	GOULASH PEAS & CARROTS GARLIC BREAD SALAD CAKE	CHICKEN SALAD ON LETTUCE SLICED TOMATOES VEGGIES FRUIT	GRILLED CHEESE SANDWICH TOMATO SOUP CRACKERS FRUIT	OVEN FRIED CHICKEN ROASTED POTATO MIXED VEGGIES SALAD JELLO	
25	26	27	28	29	30	31
	BAKED HAM YAMS GREEN BEANS SALAD COBBLER	GRILLED CHICKEN SANDWICH PORK & BEANS CHIPS FRUIT	COOK OUT	BEEF & GRAVY OVER POTATOES HOMINY SALAD FRUIT	BEEF STEW FRYBREAD JELLO	

All meals include water, milk, coffee and tea

Meals subject to change without notice

PLEASE SIGN UP FOR COOKOUT IN DINING ROOM