

# DELAWARE TRIBE ELDER NUTRITION

## September, 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	CLOSED	BEANS ROASTED POTATO SPINACH CORNBREAD  FRUIT	MANDRIN CHICKEN SALAD  JELLO	PORK CHOP MASHED POTATO GREEN BEANS SALAD  CAKE	INDIAN TACO  BROWNIE	
8	9	10	11	12	13	14
	BAKED CHICKEN RICE BLACKEYED PEAS SALAD  FRUIT	SPAGHETTI PEAS SALAD GARLIC BREAD  CAKE	CHICKEN STIR FRY SQUASH SALAD  JELLO	HAM & CHEESE SANDWICH CHIPS  COBBLER	PANCAKES EGGS BACON  FRUIT	
15	16	17	18	19	20	21
	CHICKEN FRIED STEAK MASHED POTATO GREEN BEANS  FRUIT	TURKEY SANDWICH CHIPS  CAKE	BAKED HAM YAMS CORN SALAD  JELLO	B B Q BEEF ON A BUN POTATO SALAD PORK & BEANS  PUDDING	CATFISH MAC & CHEESE SALAD  JELLO	
22	23	24	25	26	27	28
	CHICKEN POT PIE HOMINY SALAD  PUDDING	MEXICAN CASSEROLE REFRIED BEANS RICE  JELLO	HAMBURGERS FRENCH FRIES SALAD  SEPTEMBER BIRTHDAYS CAKE & ICE CREAM	LIVER & ONIONS MASHED POTATO BLACKEYED PEAS SALAD  PUDDING	MEATLOAF MASHED POTATO GREEN BEANS SALAD  COBBLER	
29	30					
	OVEN FRIED CHICKEN MASHED POTATO BAKED BEANS  PUDDING					

All meals include water, milk, coffee and tea

Meals subject to change without notice