

DELAWARE TRIBE ELDER NUTRITION

October, 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		PORK CHOP MASHED POTATO CORN SALAD PUDDING	SALAD BAR BAKED POTATO BAR JELLO	BEANS SPINACH CORNBREAD SALAD PUDDING	INDIAN TACO BROWNIE	
6	7	8	9	10	11	12
	CHICKEN STRIPS FRENCH FRIES SALAD CAKE	MEATLOAF MASHED POTATO GREEN BEANS SALAD PUDDING	PORK RIBS CABBAGE BLACK EYE PEAS SALAD JELLO	CHILI FRITOS CHEESE FRUIT	CATFISH MAC & CHEESE SALAD JELLO	
13	14	15	16	17	18	19
	BAKED HAM YAMS CORN SALAD CAKE	GRILLED CHEESE SANDWICH SOUP COOKIES	BAKED CHICKEN DRESSING GREEN BEANS SALAD COBBLER	SPAGHETTI PEAS SALAD FRUIT	CHICKEN FRIED STEAK MASHED POTATO FRIED OKRA PUDDING	
20	21	22	23	24	25	26
	BEEF STEW CORNBREAD COOKIES	SMOTHERED CHICKEN RICE MIXED VEGGIES SALAD JELLO	HAMBURGERS FRENCH FRIES SALAD OCTOBER BIRTHDAYS CAKE & ICE CREAM	BREAKFAST	TUNA SANDWICH SOUP CAKE	
27	28	29	30	31		
	SAUERKRAUT & FRANKS AUGRATIN POTATO PORK & BEANS PUDDING	BEEF & GRAVY OVER POTATO HOMINY SALAD COBBLER	CHICKEN & NOODLES MASHED POTATO GREEN BEANS JELLO	HAPPY HALLOWEEN		

All meals include water, milk, coffee and tea

Meals subject to change without notice