

DELAWARE TRIBE ELDER NUTRITION
November, 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					INDIAN TACO	
					BROWNIE	
3	4	5	6	7	8	9
	CHICKEN FRIED STEAK MASHED POTATO CORN SALAD PUDDING	CHICKEN POT PIE HOMINY SALAD CAKE	SALISBURY STEAK MASHED POTATO CARROTS SALAD JELLO	HOT DOGS CHILI CHEESE FRITOS COOKIES	CATFISH PORK & BEANS AUGRATIN POTATO SALAD HONOR VETERANS DAY	
10	11	12	13	14	15	16
	CLOSED VETERANS DAY	MEXICAN CASSEROLE REFRIED BEANS RICE FRUIT	HAM & CHEESE SANDWICH TATOR TOTS SALAD CAKE	LIVER & ONIONS MASHED POTATO PEAS & CARROTS SALAD PUDDING	BBQ CHICKEN POTATO SALAD BAKED BEANS CAKE	
17	18	19	20	21	22	23
	OVEN FRIED CHICKEN MASHED POTATO CORN SALAD COOKIES	BAKED HAM SWEET POTATO CARROTS SALAD FRUIT	HAMBURGER FRENCH FRIES SALAD NOVEMBER BIRTHDAYS CAKE & ICE CREAM	BREAKFAST	BAKED POTATO BAR SALAD BAR FRUIT	
24	25	26	27	28	29	30
	BAKED LASAGNA PEAS GARLIC BREAD SALAD FRUIT	MEATLOAF MASHED POTATO CABBAGE SALAD PUDDING	THANKSGIVING DINNER	CLOSED THANKSGIVING	CLOSED	

All meals include water, milk, coffee and tea

Meals subject to change without notice