

DELAWARE TRIBE ELDER NUTRITION

December, 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	CHICKEN POT PIE SALAD PUDDING	CHICKEN SALAD SANDWICH SOUP CAKE	LIVER & ONIONS MASHED POTATO BLACKEYED PEAS SALAD COBBLER	PORK CHOP MASHED POTATO BROCCOLI SALAD PUDDING	INDIAN TACO BROWNIE	
8	9	10	11	12	13	14
	MEATLOAF MASHED POTATO GREEN BEANS SALAD CAKE	PORK STIR FRY CAULIFLOWER SALAD COBBLER	BREAKFAST	BEEF STEW CORNBREAD SALAD PUDDING	CATFISH OVEN FRIES SALAD JELLO	
15	16	17	18	19	20	21
	OVEN FRIED CHICKEN MASHED POTATO CARROTS SALAD PUDDING	TURKEY SANDWICH CHIPS COBBLER	HAMBURGER FRENCH FRIES SALAD ICE CREAM & CAKE DECEMBER BIRTHDAYS	BAKED POTATO SALAD BAR FRUIT	BOWL CHICKEN & NOODLES COOKIE	
22	23	24	25	26	27	28
	CHRISTMAS DINNER	CLOSED	CLOSED	BBQ PORK SANDWICH SOUP COBBLER	CHICKEN FRIED STEAK MASHED POTATO PEAS & CARROTS CAKE	
29	30	31				
	BOWL BEANS CORNBREAD SALAD COOKIE	BEEF BURRITO REFRIED BEANS RICE JELLO				

All meals include water, milk, coffee and tea

Meals subject to change without notice