

# DELAWARE TRIBE ELDER NUTRITION

## January, 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			CLOSED	LASAGNA PEAS GARLIC BREAD SALAD  FRUIT	INDIAN TACO  BROWNIES	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	CHICKEN STRIPS FRENCH FRIES SALAD  CAKE	GRILLED CHEESE SANDWICH  SOUP  COOKIES	ROAST PORK MASHED SWEET POTATO BROCCOLI  PUDDING	LIVER & ONIONS MASHED POTATO GREEN BEANS SALAD  COBBLER	CATFISH OVEN FRIES SALAD  JELLO	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	PORK CHOP AU GRATIN POTATO CABBAGE SALAD  APPLESAUCE	MEATLOAF MASHED POTATO BLACKEYED PEAS SALAD  JELLO	BOWL CHICKEN & NOODLES SALAD  FRUIT	BEEF STEW CORNBREAD SALAD  COOKIES	OVEN FRIED CHICKEN MASHED POTATO CORN SALAD  FRUIT	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	SPAGHETTI GARLIC BREAD SALAD  COOKIES	BREAKFAST	HAMBURGER FRENCH FRIES SALAD  BIRTHDAY CAKE ICE CREAM	CHICKEN POT PIE SALAD  JELLO	CHICKEN FRIED STEAK MASHED POTATO ASPARAGUS SALAD  FRUIT	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	CHICKEN STIR FRY CAULIFLOWER SALAD  FRUIT	BAKED HAM YAMS GREEN BEANS SALAD  CAKE	BEEF & GRAVY OVER POTATO HOMINY SALAD  COBBLER	SAUERKRAUT & FRANKS AU GRATIN POTATO PORK & BEANS  COOKIES	MEXICAN CASSEROLE RICE BEANS  JELLO	

All meals include water, milk, coffee and tea

Meals subject to change without notice