

DELAWARE TRIBE ELDER NUTRITION

February, 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		SALAD BAR SERVED DAILY				
2	3	4	5	6	7	8
	SMOTHERED CHICKEN & RICE MIXED VEGGIES FRUIT	PORK CHOP MASHED POTATO PEAS & CARROTS JELLO	BAKED POTATO SALAD BAR COOKIES	B B Q CHICKEN POTATO SALAD BAKED BEANS COBBLER	INDIAN TACO BROWNIE	
9	10	11	12	13	14	15
	MEATLOAF MASHED POTATO GREEN BEANS CAKE	HAM & CHEESE SANDWICH SOUP COOKIES	CHICKEN STRIP MASHED POTATO CARROTS FRUIT	BEEF STEW CORNBREAD FRUIT	CATFISH OVEN FRIES PEAS HAPPY VALENTINES DAY JELLO	
16	17	18	19	20	21	22
	BREAKFAST	GOULASH SPINACH GARLIC BREAD COOKIES	HAMBURGER FRENCH FRIES BIRTHDAY CAKE ICE CREAM	CHICKEN FRIED STEAK MASHED POTATO CORN JELLO	SALISBURY STEAK MASHED POTATO BLACKEYED PEAS COBBLER	
23	24	25	26	27	28	
	CHILI CHEESE FRITOS FRUIT	ROAST PORK YAMS BROCCOLI CAKE	SAUERKRAUT & FRANKS FRIED POTATO COOKIES	BOWL BEANS CORNBREAD JELLO	BEEF & GRAVY OVER POTATOES HOMINY COBBLER	

All meals include water, milk, coffee and tea

Meals subject to change without notice