

DELAWARE TRIBE ELDER NUTRITION

March, 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	CHICKEN STRIP MASHED POTATO CARROTS FRUIT	BAKED POTATO SALAD BAR COOKIES	CHICKEN FRIED STEAK MASHED POTATO PEAS JELLO	LASAGNA CORN GARLIC BREAD FRUIT & COOKIE	INDIAN TACO BROWNIE	
9	10	11	12	13	14	15
	PORK CHOP MASHED POTATO BLACKEYED PEAS FRUIT	B B Q CHICKEN POTATO SALAD BAKED BEANS COBBLER	SPAGHETTI GREEN BEANS GARLIC BREAD JELLO	BREAKFAST (BISCUTS & GRAVY)	CATFISH OVEN FRIES CORN CAKE	
16	17	18	19	20	21	22
	SAUERKRAUT & FRANKS FRIED POTATO COOKIES	STIR FRY RICE SALAD BAR BROWNIE	HAMBURGER FRENCH FRIES BIRTHDAY CAKE ICE CREAM	BAKED HAM SWEET POTATOES GREEN BEANS JELLO	TUNA CASSEROLE SPINACH COBBLER	
23	24	25	26	27	28	29
	SMOTHERED CHICKEN & RICE BROCCOLI FRUIT	ROAST PORK YAMS JELLIED CRANBERRY CAKE	REUBEN SANDWICH CHIPS BROWNIE	BOWL BEANS CORNBREAD JELLO	SALISBURY STEAK HOMINY COBBLER	
30	31					
	BEEF & GRAVY OVER POTATOES HOMINY COBBLER					

All meals include water, milk, coffee and tea

Meals subject to change without notice