

DELAWARE TRIBE ELDER NUTRITION

June, 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	BROWN BEANS FRIED POTATOES SPINACH CORNBREAD FRUIT	SALISBURY STEAK MASHED POTATO BROCCOLI COOKIE	PORK CHOP SWEET POTATOES GREEN BEANS APPLESAUCE	SMOTHERED CHICKEN RICE MIXED VEGGIES JELLO	INDIAN TACO BROWNIE	
8	9	10	11	12	13	14
	MEATLOAF MASHED POTATO BLACKEYED PEAS PUDDING	CHICKEN STRIPS MASHED POTATO CORN CAKE	BBQ PORK ON A BUN CHIPS COOKIE	LIVER & ONIONS MASHED POTATO CABBAGE COBBLER	CHICKEN FRIED STEAK MASHED POTATO CARROTS COOKIE	
15	16	17	18	19	20	21
	CHICKEN POT PIE HOMINY PUDDING	SALMON PATTIE CAULIFLOWER PEAS FRUIT	BREAKFAST BISCUITS & GRAVY SCRAMBLED EGGS APPLESAUCE	TURKEY SANDWICH CHIPS CAKE	MAC & CHEESE CASSEROLE PEAS & CARROTS JELLO	
22	23	24	25	26	27	28
	BOWL CHILI FRY BREAD FRUIT	CHICKEN & NOODLES MASHED POTATO GREEN BEANS PUDDING	HAMBURGER FRENCH FRIES BIRTHDAY CAKE ICE CREAM	BBQ CHICKEN POTATO SALAD BAKED BEANS COOKIE	CATFISH OVEN FRIES JELLO	
29	30					
	BEEF & GRAVY OVER POTATOES HOMINY COBBLER					

All meals include water, milk, coffee and tea

Meals subject to change without notice