

**DELAWARE TRIBE ELDER NUTRITION
JANUARY, 2016**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					HAPPY NEW YEAR CENTER CLOSED	
3	4	5	6	7	8	9
	SALAD BAR TOMATO BISQUE SOUP DELI TURKEY SAND CHIPS COOKIES	SALAD BAR CHICKEN TENDERS MASHED POTATOES PEAS TAPIOCA	SALAD BAR SPAGHETTI GARLIC BREAD CARROTS COBBLER	SALAD BAR PORK CHOP AUGRATEN POTATOES GREEN BEANS JELLO W/FRUIT	SALAD BAR INDIAN TACOS BROWNIE	
10	11	12	13	14	15	16
	SALAD BAR PANCAKES SCRANBLED EGGS SAUSAGE LINKS APPLE SAUCE	SALAD BAR LASAGNA PEAS & CAROTS COOKIES	SALAD BAR PORK ROAST SWEET POTATOES CORN LEMON CAKE	SALAD BAR CHICKEN & NOODLES MASHED POTATOES GREEN BEANS PEACHES	SALAD BAR MEAT LOAF MASHED POTATOES & GRAVY PEAS	
17	18	19	20	21	22	23
	SALAD BAR LIVER & ONIONS MASHED POTATOES GREEN BEANS COOKIES	SALAD BAR POTATO BAR CHILI CORN PUDDING	SALAD BAR BIRTHDAY LUNCH HAMBURGER & FRIES CHZ,LET,TOM,ONIONS CAKE & ICE CREAM	SALAD BAR BBQ WING DINGS TATER TOTS BAKED BEANS JELLO W/FRUIT	SALAD BAR CABAGE ROLLS PEAS COBBLER	
24/31	25	26	27	28	29	30
	SALAD BAR SMOTHERED CHICKEN MASHED POTATOES PEAS BROWNIE	SALAD BAR BEEF GRAVY BOILED POTATOES HOMINY YELLOW CAKE	SALAD BAR HAM MASHED POTATOES CRANBERRY SAUCE COBBLER	SALAD BAR ENCHILADAS SPANISH RICE REFRIED BEANS SOPAPILLAS	SALAD BAR CATFISH FRENCH FRIES SLAW TAPIOCA	

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice