

**DELAWARE TRIBE ELDER NUTRITION**  
**November, 2016**

| Sunday | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday |
|--------|---|---|---|--|---|----------|
|        |   | 1   | 2   | 3  | 4   | 5        |
|        |   | SALAD BAR<br><br>CHICKEN TENDERS<br>MASHED POTATOES<br>GRAVY<br>PEAS<br>COBBLER       | SALAD BAR<br><br>SPAGHETTI W/<br>MEAT SAUCE<br>FRIED OKRA<br>BREADSTICKS<br>COOKIE              | SALAD BAR<br><br>PORK CHOPS<br>AUGRATIN POTATO<br>GREEN BEANS<br><br>APPLE SAUCE | SALAD BAR<br><br><i>INDIAN TACO</i><br><br><br>BROWNIE                              |          |
| 6      | 7   | 8   | 9   | 10   | 11  | 12       |
|        | SALAD BAR<br><br>BAKED HAM<br>SWEET POTATOES<br>ANTIQUA VEG<br><br>COBBLER          | SALAD BAR<br><br>POTATO BAR<br>BROC/CHEESE SOUP<br><br>PUDDING                        | SALAD BAR<br><br>BEEF STROGANOFF<br>OVER NOODLES<br>PEAS & CARROTS<br><br>FAST & FANCY          | SALAD BAR<br><br>LEMON PEPPER<br>CHICKEN & RICE<br>CORN<br><br>CAKE              | VETERANS DAY<br>CENTER CLOSED   |          |
| 13     | 14  | 15  | 16  | 17   | 18  | 19       |
|        | SALAD BAR<br><br>CHICK MAC & CHEESE<br>PEAS & CARROTS<br>POTATO SALAD<br><br>COOKIE | SALAD BAR<br><br>TATERTOT CASSEROLE<br>GREEN BEANS<br>ROLL<br><br>WHITE CAKE W/ ICING | SALAD BAR<br>BIRTHDAYS<br>HAMBURGERS<br>ALL THE FIXINGS<br>FRENCH FRIES<br><br>ICE CREAM & CAKE | SALAD BAR<br><br>MANDRIN CHICKEN<br>RICE<br>CORN<br><br>COBBLER                  | SALAD BAR<br><br>PORK SPARE RIBS<br>AUGRATIN POTATOES<br>GREEN BEANS<br><br>PUDDING |          |
| 20     | 21  | 22  | 23  | 24   | 25  | 26       |
|        | SALAD BAR<br><br>CABBAGE ROLL<br>STEWED TOMATOES<br>SLICED CARROTS<br><br>COOKIE    | SALAD BAR<br><br>MEAT GRAVY<br>BOILED POTATOES<br>CORN<br><br>PUDDING                 | SALAD BAR<br><br>TURKEY & DRESSING<br>POTATOES & GRAVY<br>PEAS<br>CRANBERRY SAUCE<br>PIE        | THANKSGIVING<br>CENTER CLOSED  | THANKSGIVING<br>CENTER CLOSED   |          |
| 27     | 28  | 29  | 30  |  |   |          |
|        | SALAD BAR<br><br>LASAGNA<br>PEAS & CARROTS<br>BREADSTICKS<br><br>TAPIOCA            | SALAD BAR<br><br>BBQ WINGS<br>MAC & CHEESE<br>CARROTS<br><br>JELLO WITH FRUIT         | SALAD BAR<br><br>C.F. STEAK<br>MASHED POTATOES<br>WITH GRAVY<br>PEAS<br>COBBLER                 |  |   |          |

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice