

DELAWARE TRIBE ELDER NUTRITION
October, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Chicken Tenders Mashed Potatoes Gravy Corn Roll Cookie	SALAD BAR Meatloaf Mashed Potatoes Gravy Zucchini & Tomatoes Roll Chocolate Pudding	Cottage Cheese Grilled Chicken Wrap Chips Dump Cake	SALAD BAR Lasagna Peas Bread Stick Cookie Bar	Taco Bar Indian Tacos Brownie Bars	
7	8	9	10	11	12	13
	Cottage Cheese Chicken Fried Steak Mashed Potatoes Gravy Peas Biscuit Pudding	SALAD BAR Polish Dogs Sauerkraut Wedges Roll Cookie	SALAD BAR Egg Rolls Fried Rice Fruit Salad Ice Cream Bars	SALAD BAR Salsbury Steak Mashed Potatoes Green Beans Biscuit Pudding	SALAD BAR Pork Tender Sandwich Chips Watergate Salad	
14	15	16	17	18	19	20
	SALAD BAR Spaghetti with Meat Sauce Green Beans Bread Stick Cookie	SALAD BAR Chicken Enchiladas Chips/Cheese Sauce Spanish Rice Ice Cream Sandwich	SALAD BAR BIRTHDAY HAMBURGER ALL THE FIXINS Wedges Cake & Ice Cream	SALAD BAR Chicken & Noodles Roll Pudding	SALAD BAR Pigs in Blanket Wedges Baked Beans Dump Cake	
21	22	23	24	25	26	27
	SALAD BAR Taco Salad Chicken or Beef Sopapilla Bars	SALAD BAR Potato Bar Broccoli Cheese Soup Watergate Salad	SALAD BAR Sausage Gravy Over Biscuit Scrambled Eggs Goey Butter Cake	SALAD BAR Tomato Soup BLT Sandwich Cookie	SALAD BAR PIZZA Pasta Salad Sundae Bar	
28	29	30	31			
	SALAD BAR Fried Chicken Baked Beans Potatoe Salad Chocolate Pie	SALAD BAR Beef Stew Cornbread Cake	ARCHIE'S HALLOWEEN SCARE			

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice