

DELAWARE TRIBE ELDER NUTRITION
December, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
	SALAD BAR Chicken Tenders Mashed Potatoes/Gravy Peas Biscuit Cookie	Baked Potato Bar Broccoli Cheese Soup Dump Cake	SALAD BAR Chicken Fried Steak Sandwich Wedges Pudding	Cottage Cheese Egg Casserole Sausage Biscuits & Gravy Fruit	Taco Bar Indian Tacos Brownie	
9	10	11	12	13	14	15
	Cottage Cheese Chili Bar White Chicken Chili Fritos Cobbler	SALAD BAR Pulled Pork Wedges Baked Beans Slice Texas Toast Cake	SALAD BAR Chicken & Noodles Mashed Potatoes Corn Roll Cookie	SALAD BAR Lasagna Peas Garlic Rolls Pears	SALAD BAR BLT Sandwiches Tomato Soup Cookie	
16	17	18	19	20	21	22
	SALAD BAR Beef Stew Cornbread Red Velvet Cake	SALAD BAR Chicken Mac & Cheese Cali Blend Roll Apple Crisp	SALAD BAR BIRTHDAYS HAMBURGERS ALL THE FIXINGS Potato Wedges ICE CREAM & CAKE	SALAD BAR Chicken Enchiladas Refried Beans Chips Salsa Ice Cream Sandwich	SALAD BAR Holiday Ham Cranberry Sauce Sweet Potatoes Green Bean Casserole Roll Cheesecake	
23	24	25	26	27	28	29
	CLOSED MERRY CHRISTMAS	CLOSED MERRY CHRISTMAS	SALAD BAR Chicken Casserole Biscuit Peaches	SALAD BAR Pork Chops Mashed Potatoes/Gravy Peas Roll Applesauce	SALAD BAR Catfish Wedges Slaw Hush Puppies Cookie Bar	
30	31 CHEFS CHOICE					

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice