

DELAWARE TRIBE ELDER NUTRITION
January, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		CLOSED FOR NEW YEARS DAY	SALAD BAR Goulash Green Beans Garlic Roll Cookie	SALAD BAR Philly Cheese Steak Sandwich Wedges Cake	TACO BAR Indian Tacos Brownie	
6	7	8	9	10	11	12
	SALAD BAR Chicken Tenders Mashed Potatoes/Gravy Peas Biscuit Cookie	Baked Potato Bar Broccoli Cheese Soup Dump Cake	SALAD BAR Meat Loaf Mashed Potatoes & Gravy Corn Pudding	Cottage Cheese Ham & Brown Beans Cornbread Fruit	SALAD BAR Mexican Casserole Spanish Rice Sopapilla Bar	
13	14	15	16	17	18	19
	SALAD BAR Polish Dogs Sauerkraut Cali Blend Ice Cream Cups Cobbler	SALAD BAR Pulled Pork Wedges Baked Beans Slice Texas Toast Cookie	BIRTHDAYS HAMBURGERS All the fixings Wedges Cake & Ice Cream	Chicken Fried Steak Sandwich Chips Apple Crisp	SALAD BAR Chicken & Noodles Mashed Potatoes Corn Roll Cookie	
20	21	22	23	24	25	26
	SALAD BAR Minnehaha Soup 1/2 Ham Sandwich Chips Red Velvet Cake	SALAD BAR Baked Ham Zucchini & Tomatoes Sweet Potatoes Roll Pudding	SALAD BAR Hot Hamburgers Corn Peach Crisp	SALAD BAR Meatball Sub with Marinara Chips Ice Cream Bars	Catfish Potatoe Wedges Slaw Hush Puppies Lemon Pudding	
27	28	29	30	31		
	Cottage Cheese Sausage Gravy & Biscuit Egg Casserole Fruit	SALAD BAR Pork Chops Au gratin Potatoes Steamed Broccoli Biscuit Ice Cream Sandwich	Grilled Chicken Wraps Chips Potato Salad Cookie	Beef or Chicken Taco Salad Chips & Cheese sauce Cake		

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice