

DELAWARE TRIBE ELDER NUTRITION
March, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Grilled Chicken Wraps Chips	
3	4	5	6	7	8	9
	SALAD BAR Brown Bean Cornbread Spinach Cookie	SALAD BAR Chicken Tenders Mashed Potatoes Gravy, Roll Pudding	SALAD BAR Spaghetti w meat sauce Green Beans Roll Jello	Cottage Cheese Breakfast Casseole Biscuit & Gravy Cinnamon Roll	Topping Bar Frito Chili Pie all the toppings Cookie	
10	11	12	13	14	15	16
	SALAD BAR Meatloaf Mashed Potatoes Gravy Cornbread Dump Cake	Potato Bar Baked Potatoes Broccoli Cheese Soup Cookie	SALAD BAR Poormans Stew Cornbread Cobbler	SALAD BAR Navy Beans Fry Bread Fried Potatoes Pudding	CHEFS CHOICE	
17	18	19	20	21	22	23
	SALAD BAR Ham Slice Scalloped Potatoes Roll Cookie	Salad Bar Chicken Pot Pie Ice Cream Bar	BIRTHDAYS HAMBURGERS ALL THE FIXINGS FRENCH FRIES ICE CREAM & CAKE	Polish Dogs Sauerkraut Stewed Tomatoes Biscuit Apple Crisp	SALAD BAR Lasagna Green Beans Bread Stick Fruit	
24	25	26	27	28	29	30
	SALAD BAR Creole Casserole Roll Sundae Bar	Mexican Casserole Chips/Cheese Dip Refried Beans Cookie	Pork Stew Cornbread Cake	Salad Bar Cold Cut Sandwich Chips Cherry Crisp	Salad Bar Cod Fish Wedges Cole Slaw Lemon Pudding	

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice