

DELAWARE TRIBE ELDER NUTRITION
July, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	SALAD BAR Chicken Tenders Mashed Potatoes/Gravy Peas Roll Goosey Butter Cake	Taco Salad Bar Taco Salad Ice Cream Bar	SALAD BAR Chicken Stir Fry Fried Rice Antiqua Blend Cake	CLOSED INDEPENDENCE DAY	SALAD BAR INDIAN TACO BROWNIE	
7	8	9	10	11	12	13
	SALAD BAR Polish Sausage Sauerkraut Mac & Cheese Tapioca	SALAD BAR Spaghetti/Meat Balls Broccoli Garlic Bread Fast & Fancy	Grilled Chicken Wraps Chips Ice Cream Sundaes	Chicken Fried Steak Sandwiches Chips Red Velvet Cupcake	SALAD BAR Meatloaf Mashed/Gravy Peas Roll Strawberry Cake	
14	15	16	17	18	19	20
	SALAD BAR Cold Cut Sandwich Chips Cookie Bar	SALAD BAR Ham & Beans Fried Potatoes Spinach Cornbread Pudding	SALAD BAR BIRTHDAYS HAMBURGERS ALL THE FIXINGS FRENCH FRIES ICE CREAM & CAKE	Fruit Salad Sausage Biscuit & Gravy Egg Casserole Apple Sauce	SALAD BAR Pork Chop Au gratin Potatoes Carrots Biscuit Applesauce	
21	22	23	24	25	26	27
	SALAD BAR Ham Sweet Potato Green Beans Roll Fast & Fancy	SALAD BAR Baked Potato Bar Soup Cookie	BLT Wedges Pudding	SALAD BAR Enchiladas Spanish Rice Refried Beans Sopapilla Bar	SALAD BAR Catfish Wedges Cole Slaw Lemon Cake	
28	29	30	31			
	SALAD BAR Chicken Salad Sandwiches Macaroni Salad Chips Cobbler	SALAD BAR Chicken & Noodles Mashed Potatoes Zuc & Tomatoes Roll Pudding	SALAD BAR Pulled Pork Sandwich French Fries Baked Beans Cookie			

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice