

**DELAWARE TRIBE ELDER NUTRITION**  
**September, 2019**

| Sunday | Monday                                                                                               | Tuesday                                                                                     | Wednesday                                                             | Thursday                                                                      | Friday                                                                         | Saturday |
|--------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------|
| 1      | 2                                                                                                    | 3                                                                                           | 4                                                                     | 5                                                                             | 6                                                                              | 7        |
|        | <b>CLOSED<br/>LABOR DAY<br/>HOLIDAY</b>                                                              | SALAD BAR<br>Goulash<br>Green Beans<br><br>Garlic Roll<br><br>Tapioca Pudding               | Ham & Brown Beans<br>Fried Potatoes<br>Cornbread<br><br>Ice Cream Bar | Grilled Chicken<br>Wraps<br>Chips<br><br>Cake                                 | TOPPING BAR<br><br>INDIAN TACO<br><br>BROWNIE                                  |          |
| 8      | 9                                                                                                    | 10                                                                                          | 11                                                                    | 12                                                                            | 13                                                                             | 14       |
|        | SALAD BAR<br>Baked Chicken<br>Scalloped Potatoes<br>Green Beans<br><br>Pudding                       | SALAD BAR<br>Hot Chicken Fried<br>Steak Sandwich<br>open faced with<br>Fries<br><br>Cake    | White Chicken Chili<br><br>Cornbread<br><br>Ice Cream Sandwich        | SALAD BAR<br>Lasagna<br>Green Beans<br><br>Bread Stix<br>Apple Crisp          | SALAD BAR<br>Chicken Tenders<br>Mashed Potatoes<br>Gravy<br>Peas<br><br>Cookie |          |
| 15     | 16                                                                                                   | 17                                                                                          | 18                                                                    | 19                                                                            | 20                                                                             | 21       |
|        | Salad Bar<br>Beef Veggie Soup<br><br>Biscuit<br><br>Cookie                                           | Tatertot Casserole<br>Cucumber/Tomato<br>Salad<br>Biscuit<br><br>Pudding                    | BIRTHDAYS<br>Hamburgers<br>Fries<br><br>Cake/Ice Cream                | SALAD BAR<br>Chicken Casserole<br>Peas<br><br>Biscuit<br><br>Cherry Crisp     | Baked Potato Bar<br><br>Broccoli Cheese Soup<br><br>Ice Cream Sandwich         |          |
| 22     | 23                                                                                                   | 24                                                                                          | 25                                                                    | 26                                                                            | 27                                                                             | 28       |
|        | SALAD BAR<br>LIVER & ONIONS<br>OR CHICKEN TENDERS<br>Mashed Potatoes/Gravy<br>Peas<br>Roll<br>Cookie | SALAD BAR<br><br>Chicken Enchiladas<br>Chips & Cheese<br>Refried Beans<br><br>Peach Cobbler | Fruit Salad<br>BLT Sandwich<br>Chips<br><br>Sundae Bar                | Chicken & Noodles<br>Mashed Potatoes<br>Green Beans<br><br>Roll<br>Cookie Bar | SALAD BAR<br>Catfish<br>French Fries<br>Slaw<br><br>Lemon Cake                 |          |
| 29     | 30                                                                                                   |         |                                                                       |                                                                               |                                                                                |          |
|        | TOPPING BAR<br>Walking Taco<br>Beef or Chicken<br><br>Chocolate Punch<br>Pudding Cake                |                                                                                             |                                                                       |                                                                               |                                                                                |          |

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice