

DELAWARE TRIBE ELDER NUTRITION
October, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		SALAD BAR	SALAD BAR		TACO BAR	
		GOULASH CORN ROLL	PORK CHOP AU GRATIN POTATOES FRIED OKRA	BEEF STEW CORN BREAD	INDIAN TACO	
		COOKIE	TAPIOCA	PINEAPPLE USD CAKE	BROWNIE	
6		8	9	10	11	12
	SALAD BAR			SALAD BAR	PULLED PORK SAND	
	FRITO CHILI PIES	POTATO BAR BROC/CHEESE SOUP	HAM & BEANS CORNBREAD FRIED POTATOES	CHICKEN CASSEROLE GREEN BEANS BISCUIT	ASST CHIPS	
	CAKE	ICE CREAM BAR	CHERRY CRISP	COOKIE		
13	14	15	16	17	18	19
	EGG CASSEROLE SAUSAGE BISCUITS & GRAVY	TACO BAR	BIRTHDAYS HAMBURGERS ALL THE FIXINGS FRENCH FRIES	SALAD BAR	SALAD BAR	
	FRUIT	WALKING TACOS	ICE CREAM & CAKE	GRILLED CHICKEN WRAP CHIPS	POT ROAST POTATOES & CARROTS ROLL	
		COBBLER		COOKIE	SUNDAE BAR	
20	21	22	23	24	25	26
	SALAD BAR		WHITE CHICKEN CHILI	SALAD BAR	SALAD BAR	
	POLISH SAUSAGE & SAUERKRAUT AUGRTIN POTATOES BROCOLLI APPLESAUCE	CHICKEN & NOODLES MASHED POTATOES CORN BISCUIT COBBLER	FRITOS	LASAGNA GREEN BEANS FRIED OKRA BREAD STICK PUDDING	CATSFISH FRENCH FRIES COLESLAW	
			ICE CREAM BAR		LEMON BAR	
27	28	29	30	31		
	CHICKEN FRIED STEAK MASHED/GRAVY HOMINY ROLL COOKIE	SALAD BAR SPAGHETTI W MEAT SAUCE GREEN BEANS BREAD STICK	SALAD BAR			
			PIZZA	HALLOWEEN ARCHIE'S MYSTERY		
			COOKIE	TREAT		

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice