

DELAWARE TRIBE ELDER NUTRITION

December, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 SALAD BAR Chicken Tenders Mashed Potatoes Gravy Peas Cookie	3 Chili Dogs Chips Pudding	4 Wings & Drummies Okra Cole Slaw Cookie Bar	5 SALAD BAR Pork Chops Corn Fried Potatoes/Gravy Biscuit. Apple Crisp	6 TOPPING BAR INDIAN TACO BROWNIE	7
8	9 SALAD BAR Chicken & Noodles Mashed Potatoes Green Beans Roll Cookie Bar	10 Topping Bar White Chicken Chl Fritos Cobbler	11 Biscuit & Sausage Gravy Egg Casseole Fruit Mini Cinnamon Roll	12 SALAD BAR Lasagna Green Beans Bread Stick Apple Crips	13 Baked Potato Bar Broccoli Cheese Soup Ice Cream Sandwich	14
15	16 Sloppy Joe Chips Corn Salad Brownie	17 SALAD BAR Chicken Fried Steak Gravy Fries Hominy Cookie	18 BIRTHDAYS Hamburger French Fries Cake/Ice Cream	19 Topping Bar Supreme Nachos Ice Cream Bar	20 Beans & Cornbread Spinach Fried Potatoes Cookies	21
22	23 CHRISTMAS LUNCH Turkey Dressing Mashed Potatoes/Gravy Green Bean Casserole Roll Pie	24 CLOSED FOR CHRISTMAS	25 CLOSED FOR CHRISTMAS	26 SALAD BAR Frito Chili Pie Topping Bar Peach Cobbler	27 Taco Soup Tortilla Chips Soup Toppings Ice Cream	28
29	30 Deli Sand Tomato Soup Chips Sundae Bar	31 Black Eyed Peas Cornbread Cookie				

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice