

DELAWARE TRIBE ELDER NUTRITION
January, 2020

						Saturday
			1	2	3	4
			CLOSED NEW YEARS DAY	SALAD BAR Chicken Broccoli Rice Casserole Glazed Carrots Biscuit Cookie	TOPPING BAR INDIAN TACO BROWNIE	
5	6	7	8	9	10	11
	SALAD BAR Season Baked Chicken Green Beans Roll Pudding	Topping Bar White Chicken Chil Fritos Cobbler	BBQ Meatballs Scalloped Corn Zucchini & Tomatoes Apple Crisp	Chicken Casserole Buttered Broccoli Biscuit Cookie	Baked Potato Bar Broccoli Cheese Soup Ice Cream	
12	13	14	15	16	17	18
	Glazed Pork Loin Roasted Sweet Potato Cubes Buttered Peas Roll Cinnamon Baked Apple	1/2 Turkey & Cheese Sandwich Loaded Baked Potato Soup Roll Cookie	BIRTHDAYS Hamburger French Fries Cake/Ice Cream	Sausage Gravy & Biscuit Hash Browns Mixed Fruit Mini Cinnamon Roll	Beans & Cornbread Spinach Fried Potatoes Cookies	
19	20	21	22	23	24	25
	Oven Fried Chicken Mashed Potatoes/Gravy Peas Jello w Fruit	Salad Bar Steak Fingers Potato Wedges Corn Salad Rice Crispy Treat	Salad Bar Spaghetti Green Beans Bread Stick Pudding	Meat Loaf Mashed Potatoes/Gravy Hominy slice of Bread Pound Cake	Chicken Salad Sand Tomato Basil Soup Fruit Bar Cookie	
26	27	28	29	30	31	
	Salad Bar Beef Tips over Noodles Buttered Carrots Roll Ice Cream	Salad Bar Chicken Drums&wings Okra Texas Toast Cake	Taco Soup Toppings Tortilla Strips Cherry Crisp	Homemade Chili Fritos Cornbread Jello with Fruit	Fish Fillet Baked Beans Cole Slaw Lemon Bar	

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice