

DELAWARE TRIBE ELDER NUTRITION
March, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7
	SALAD BAR Chicken Tenders Mashed Potatoes Gravy, Peas Biscuit Pudding	SALAD BAR Spaghetti w meat sauce Green Beans Roll Jello	Brown Bean Cornbread Spinach Cookie	Baked Potatoes Broccoli Cheese Soup Cookie	Indian Tacos Brownies	
8	9	10	11	12	13	14
	Polish Dogs Sauerkraut Carrots Biscuit Apple Crisp	Pork Stew Cornbread Orange Sherbert	Cottage Cheese Breakfast Casseole Biscuit & Gravy Cinnamon Roll	SALAD BAR Lasagna Green Beans Bread Stick Fruit	Topping Bar Frito Chili Pie all the toppings Cookie	
15	16	17	18	19	20	21
	Salad Bar Egg Rolls Fried Rice Cookie	Shepherd Pie Fried Cabbage Biscuit Lime Sherbert	BIRTHDAYS HAMBURGERS ALL THE FIXINGS FRENCH FRIES ICE CREAM & CAKE	SALAD BAR Navy Beans Fry Bread Fried Potatoes Pudding	Grilled Chicken Wraps Chips Cookie	
22	23	24	25	26	27	28
	Salad Bar Hot Hamburgers FF Cookie	Chicken Fried Steak Sandwich Chips Brownie	Pulled Pork Baked Beans Corn on Cob Slice of Bread Cake	SALAD BAR Mexican Casserole Cookie	Fish Fries Slaw Lemon Bar	
29	30	31				
	BLT Sandwich Chips Corn Salad Jello	Salad Bar Chicken & Noodles Roll Cookie				

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice