

**DELAWARE TRIBE ELDER NUTRITION**  
**May, 2022**

| Sunday                        | Monday                                                              | Tuesday                                                                   | Wednesday                                                                            | Thursday                                                                                   | Friday                                                       | Saturday                      |
|-------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------|
| 1                             | 2                                                                   | 3                                                                         | 4                                                                                    | CINCO de MAYO                                                                              | 6                                                            | 7                             |
|                               | EGG ROLLS<br>FRIED RICE<br>ANTIQUA VEG<br><br>COOKIE                | CHICKEN SALAD SAND<br>BAKED CHIPS<br><br>BERRY BLEND FRUIT                | SALAD BAR<br>TATER TOT<br>CASSEROLE<br><br>ROLL<br><br>COOKIE                        | TACO FIXINGS BAR<br><br>INDIAN TACO<br><br>BROWNIE                                         | HAM & BEANS<br>SPINACH<br>CORNBREAD<br><br>COOKIE            |                               |
| 8                             | 9                                                                   | 10                                                                        | 11                                                                                   | 12                                                                                         | 13                                                           | 14                            |
|                               | PHILLY CHEESE STEAK<br>ON HOAGIE ROLL<br>BAKED CHIPS<br><br>BROWNIE | SALAD BAR<br>SMOTHERED CHICKEN<br>PASTA SALAD<br>CORN<br><br>FAST & FANCY | HAMBURGERS<br>ALL THE FIXINGS<br>FRENCH FRIES<br><br>ICE CREAM & CAKE                | SALAD BAR<br>CHICKEN CASSEROLE<br>MIXED VEGETABLES<br><br>COOKIE                           | LASAGNA<br>PEAS & CARROTS<br>GARLIC BREAD<br><br>FRUIT       |                               |
| 15                            | 16                                                                  | 17                                                                        | 18                                                                                   | 19                                                                                         | 20                                                           | 21                            |
|                               | CABBAGE ROLLS<br>CARROTS<br><br>COBBLER                             | SPAGHETTI WITH<br>MEAT SAUCE<br>CORN<br>BREADSTICKS<br>TAPIOCA            | SALAD BAR<br><br>PORK ROAST<br>DRESSING W/GRAVY<br>GREEN BEANS<br><br>COOKIE         | SALAD BAR<br><br>MEAT LOAF<br>MASHED POTATOES<br>GRAVY<br>PEAS<br>CAKE                     | DELI 6" SUB SAND<br>BAKED CHIPS<br>CORN SALAD<br><br>PUDDING |                               |
| 22                            | 23                                                                  | 24                                                                        | 25                                                                                   | 26                                                                                         | 27                                                           | 28                            |
|                               | POTATO BAR<br>BROCCOLI CHEESE<br>SOUP<br><br>CAKE                   | GRILLED PORK CHOPS<br>MASHED POTATOES<br>CALIFORNIA VEG<br><br>COOKIE     | SALAD BAR<br><br>CATFISH<br>COLE SLAW<br>MAC & CHEESE<br><br>Lemon Bar               | SALAD BAR<br><br>POLISH SAUSAGE<br>& SAUERKRAUT<br>AUGRATIN POTATOES<br>BROCCOLI<br>COOKIE | BAKED HAM<br>SWEET POTATOES<br>GREEN BEANS<br><br>COBBLER    | DELAWARE<br>POWWOW<br>WEEKEND |
| 29                            | 30                                                                  | 31                                                                        |                                                                                      |                                                                                            |                                                              |                               |
| DELAWARE<br>POWWOW<br>WEEKEND | <u>CLOSED</u><br><br><u>MEMORIAL DAY</u>                            | BBQ WINGS<br>TATER TOTS<br>BAKED BEANS<br><br>PUDDING                     |  |                                                                                            |                                                              |                               |

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice