

DELAWARE TRIBE ELDER NUTRITION

June, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ham & Beans Cornbread Fried Potatoes Spinach Cookie	2 Salad Bar Salisbury Steak Mashed Potatoes/Gravy Green Beans Roll Brownies	3 Sloppy Joes Potato Salad Baked Beans Ice Box Pie	4 Hall Rented
5	6	7	8	9	10	11
	Meat Gravy Egg Noodles Carrots Biscuit Cake	Shredded Chicken Salad Wraps Baked Chips Cookie	Salad Bar Lasagna Green Beans Garlic Roll Dump Cake	Salad Bar Pork Kabob Broccoli/cheese/Rice Roll Apple Sauce	Hot Hamburger French Fries Cookie	
12	13	14	15	16	17	18
	Salad Bar Chicken Tenders Mashed Potatoes/Gravy Peas Roll Pudding	Polish Dogs Sauerkraut Fried Potatoes Cookie	Hamburgers All the fixings French Fries Cake & Ice Cream	Salad Bar Baked Ham Sweet Potatoes Green Beans Roll Cobbler	Chef Salad Crackers Cookie	
19	20	21	22	23	24	25
	Salad Bar Chicken Kabobs Corn on the Cob Cake	Egg Casserole Biscuit & Gravy Fruit	Salad Bar Catfish French Fries Coleslaw CAKE	Salad Bar Enchiladas Spanish Rice Refried Beans Sopapillas	Deli Sandwich CHIPS BROWNIES	
26	27	28	29	30		
	Indian Tacos Brownie	Chicken Fried Steak Mashed Potatoes/Gravy Peas Roll Cookie	Salad Bar Baked Chicken Mashed Potatoes/Gravy Carrots Biscuit Cake	Potato Bar Broccoli Cheese Soup Cookie		

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice