

DELAWARE TRIBE ELDER NUTRITION

July, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Ham & Beans Fried Potatoes Spinach Cornbread Cookie	
3	4	5	6	7	8	9
	CENTER CLOSED Happy 4th 	Chef Salads Fruit	Salad Bar Chicken & Noodles Mashed Potatoes Roll Cookie	Sloppy Joes Baked Chips Ambrosia Salad	Chicken Salad Wraps Baked Chips Dump Cake	
10	11	12	13	14	15	16
	Salad Bar Meatloaf Mashed/Gravy Carrots Watergate Salad	Ham Sweet Potatoes Green Beans Roll Cookie	Salad Bar Chicken Kabobs Corn on the Cob Roll Cake	Taco Salad Chicken or Beef Brownie	Catfish Coleslaw Fries Hush Puppies Lemon Bars	
17	18	19	20	21	22	23
	Goulash Green Beans Garlic Roll Cake	Mandarin Chicken Over Rice Mixed Veggies Biscuit Fruit	BIRTHDAYS Hamburgers French Fries Ice Cream CAKE	Salad Bar Hobo Dinner Chicken & Veggies Roll	Baked Potato Bar Soup Cookie	
24	25	26	27	28	29	30
	Salad Bar Chicken Tenders Mashed/Gravy Peas Cake	Salad Bar Mexican Casserole Spanish Rice Ice Cream Bars	HEALTH FAIR 10:00-2:00 CATERED FOOD	Salad Bar Meat Gravy Potatoes Green Beans Cookie	Polish Dog Sauerkraut Scalloped Potatoes Carrots Cake	

All meals include water, milk, coffee and tea

Elder Nutrition - 918-337-6589

Meals subject to change without notice