

Delaware Tribe Elder Nutrition

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Smotherd Chicken,	2 Baked Potato Broccoli Soup Brownie	3
4	5 Closed For Labor Day	6 Ham Slice Sweet Potatoes Carrots Jello	7 Chicken Wrap Pasta Salad Salad Bar Cutie	8 Chicken Strips Mashed Pot. Gravy Green Beans Garden Salad Banana Pudding Dinner Roll	9 Hamburger on Bun Lettuce, Tomato, Onion, Cheese, Pickles Macaroni Salad, Chips Cookie	10
11	12 Sweet N Sour Chicken Breast Rice, Egg roll Chinese Noodles Cottage Cheese	13 Beef & Chicken Fajitas Spanish Rice Refried Beans Chips & Dip Garden Salad	14 Pork Chop, Gravy Scalloped Potato California Blend Tossed Salad, Dinner Roll Birthday Cake,	15 Stuffed Bell Peppers Buttered Sliced Pot. Marinated Salad Dinner Roll Fruited Jello	16 Flour Tortilla, Cheese, Lettuce, Tomato, Onion, & Lunch Meat Wrap Chips Banana	17
18	19 Catfish, Hush Puppies Waffle Fries Coleslaw Pineapple	20 Cabbage Roll, Rice, Dinner Roll Cottage Cheese Peach Cobbler	21 Corn Soup, Hominy Sliced Potato Fry Bread Pudding	22 Meatloaf Mashed Pot. & Gravy Seasoned Green Beans Apple Crisp Dinner Roll, Salad	23 Chicken Salad Lettuce Tomato Pickle Spear, Chips Trail Mix	24
25	26 Chicken Fried Steak Mashed Pot. Gravy Green Beans, Cottage Cheese Fruit Cocktail, Dinner Roll	27 Philly Steak Sandwich, Cheese Chips	28 Baked Chicken Garden Salad Rice Pilaf, Mixed Veggie Fruited Jello Dinner Roll	29 Pimento Cheese Marble Bread Marinated Salad Chips Cookie	30 Chef Salad (Last One For The Year)	

Contact: 918-337-6590

Menu Subject to Change