

## Delaware Tribe Elder Nutrition

# January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
'Fried' Chicken Mashed Potatoes w/Gravy Green Beans Dessert	Taco lettuce, tomato onion, cheese Salsa Refried Beans Brownies	Smothered Beef Patties Rice Peas Jell-O	Baked Chicken Mashed Potatoes w/Gravy Broccoli Fruit	Polish Sausage w/sauerkraut Carrots Corn Bread Pudding
11	12	13	14	15
Chicken & Noodles Mashed Potatoes Spinach Roll Fruit Cocktail	Spaghetti w/ Meat Sauce Salad Garlic bread Dessert	Ham and Navy Beans Spinach Cornbread Onions Jell-O	Cheeseburger lettuce, onions tomato pickles Fries Peaches	Goulash Cornbread Sliced Beets Applesauce
18	19	20	21	22
Mexican Casserole Spanish Rice Refried Beans Cookies	Liver & Onions Mashed potatoes Tossed salad Roll Brownies	Scrambled Egg Bacon Biscuits Gravy Cinnamon Roll	Meatloaf Mashed Potatoes Okra w wheat bread Cookies	Chicken Pot Pie Salad Dessert
25	26	27	28	29
Grilled Cheese Tomato or Veggie Soup Crackers Applesauce	Fried Steak Mashed Potatoes Steamed Broccoli Lemon Pudding	Sloppy Joes w/ ww Bun Chips Relish Tray Pie	Catfish Hush Puppies Okra w wheat bread Yellow Cake	Baked Chicken & Rice Carrots Strawberry - Shortcake

All meals include water, milk, coffee and tea

Meals subject to change without notice

# Delaware Tribe Elder Nutrition

## February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Meatloaf Mashed Potatoes Green Beans  Apple Cobbler	Baked Chicken Mashed Potatoes w/Gravy Peas  Banana Pudding	Cheeseburger lettuce, onions tomato pickles Fries Peaches	Open Face Beef Sandwich Mashed Potatoes  Cobbler	Baked Ham Sweet Potatoes Carrots Corn Bread  Pudding
8	9	10	11	12
Spaghetti w/ Meat Sauce Salad Garlic bread  Coconut Cream Pie	Beef Stew Corn Bread  Dessert	BBQ Beef on ww Bun Chips Pickles  Fruit	Goulash Garlic Bread Sliced Beets  Peach Cobbler	Ham and Navy Beans Spinach Cornbread Onions Jell-O
15	16	17	18	19
President's Day Holiday	Liver & Onions Mashed potatoes Tossed salad Roll  Brownies	Catfish Hush Puppies Okra w wheat bread  Pudding	Ham and Brown Beans Cornbread Onions Tossed Salad Jell-O	Indian Tacos w/fixings Frybread  Cake
22	23	24	25	26
Chicken Fried Steak Mashed Potatoes w/Gravy Steamed Broccoli  Cobbler	Ham and Pinto Beans Onions Steamed Cabbage Cornbread Jell-O	Scrambled Egg Bacon Biscuits Gravy  Cinnamon Roll	Chili Dog w/cheese Fritos Relish Plate  Cookies	Baked Brisket Baked Beans Potato Salad  Pie

All meals include water, milk, coffee and tea

Meals subject to change without notice

# Delaware Tribe Elder Nutrition

## March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Spaghetti w/ Meat Sauce Salad Garlic bread Pie	Lasagna Green Beans Garlic Bread Cobbler	Polish Sausage w/sauerkraut Carrots Corn Bread Pudding	Ham in Mac and Cheese Green beans w wheat bread Pineapple	Beef Stew Salad Corn Bread Dessert
8	9	10	11	12
Baked Chicken Mashed Potatoes w/Gravy Peas Banana Pudding	Baked Pork Chops Cabbage Corn Jell-O	Salisbury Steak Mashed Potatoes w/Gravy Peas Fruit	Goulash Garlic Bread Sliced Beets Peach Cobbler	Ham Scalloped Potatoes Carrots/Peas ake
15	16	17	18	19
BBQ Beef on ww Bun Chips Pickles Fruit	Chicken & Dumplings Spinach Potatoes Roll Brownies	Pork Roast Mashed Potatoes w/Gravy Salad Pineapple Upside- Down Cake	Cheeseburger lettuce, onions tomato pickles Fries Fruit	Catfish Hush Puppies Okra w wheat bread Pudding
22	23	24	25	26
Meatloaf Mashed Potatoes Carrots Cobbler	Ham and Pinto Beans Onions Potatoes Cornbread Jell-O	Scrambled Egg Bacon Biscuits Gravy Cinnamon Roll	Chili Dog w/cheese Fritos Relish Plate Cookies	Pork Chops Green Beans Salad Pie
29	30	31		
Baked Chicken Mashed Potatoes w/Gravy Veggie Blend Pudding	Mexican Casserole Spanish Rice Refried Beans Applesauce	Chicken & Noodles Mashed Potatoes Spinach Roll Dessert		

All meals include water, milk, coffee and tea

Meals subject to change without notice