

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
NORTH SIOUX CITY DAKOTA SENIOR MEALS CALL 232-0808 TO RESERVE A MEAL	Pork Cutlet, Tossed Salad, Mashed Potatoes, Corn Broccoli Bake, Peaches CM51B - P26	LS Ham, Baked Potato, Navy Bean side dish, Cooked Broccoli, Cranberry Crunch Salad, Banana CM62	Cheeseburger Pie, Baked Sweet Potato, Green Beans, Berry Fruit Salad, Banana CM34	Cacciatore Chicken, Baked Potato, Green Beans, Applesauce & Ice Cream CM73
7	8	9	10	11
Hot Pork & Cheese Sauce Sandwich, Potato Rounds, Beets, Peaches AA17	Porcupine Meatballs, Brown Gravy, Mashed Potatoes, Green Beans w/Onions, Peaches, Oatmeal Blueberry Muffin AA11	Baked Chicken, Baked Sweet Potato, Harvard Beets, Pears, Tomato Juice 10-3 - CH9	Liver & Onions, Company Potatoes, Parslied Carrots, Fruit Cocktail 14-3 - LO2	NO MEALS VETERANS DAY
14	15	16	17	18
Baked Chicken Fried Steak, Mashed Potatoes & Milk Gravy, Peas, Apricots, D3	Baked Pork Chop w/onion & herbs, Baked Potato, Broccoli Corn Bake, Spinach Salad, Peaches CM48C - P22	Roast Turkey w/Gravy, Cornbread Stuffing, Cauliflower Broccoli Mix w/Cheese Sauce, Cranberry Mold, Pumpkin Bar CO141	Chili Cheese Dog, Oven Fries, Lime Perfection Salad, Fruit Cook's Choice	Meatloaf, Baked Potato, Parslied Carrots, Strawberries w/topping 1-3 - ME1
21	22	23	24	25
Oven Omelet, Glazed Carrots, Tossed Salad, Vanilla Ice Cream, Banana CM64	Ground Beef Stroganoff Casserole, Stewed Tomatoes, Cucumbers, Jello w/Pears BB17	Goulash, Corn O'Brien, Lime Jello w/Mandarin Oranges, Oatmeal Fruit Muffin C13	HAPPY THANKSGIVING	NO MEALS THANKSGIVING
28	29	30		
Sloppy Joe on WW Bun, Macaroni & Cheese, Broccoli, Orange CM58C - S31	Chicken Stew served over Biscuit, Waldorf Salad, Orange CM67D - S43	Roast Beef, Mashed Potatoes & Gravy, Stewed Tomatoes, Jello w/topping, Peaches 18-3 - RB6		

NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.