

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Upside Down Pizza, Baby Carrots, Tossed Salad, Orange, Cranberry Orange Bar CM29	Goulash, Parslied Carrots, Coleslaw, Mandarin Oranges 5-1A - HG1	Egg Salad Sandwich, Cr of Potato Soup, Sliced Cucumbers, Orange CM53A - F11	Baked Fish, Cheesy Hashbrowns, Coleslaw, Pears
7	8	9	10	11
Kielbasa, Cooked Cabbage, Potato Wedge, Mandarin Oranges	Meatloaf, Baked Potato, Creamed Peas, Pineapple Tidbits B10	Roast Pork, Mashed Potatoes & Gravy, Harvard Beets, Cooked Apples AA4	Liver & Onions, Mashed Potatoes & Gravy, Green Beans, Peaches	Chili, Cinnamon Roll, Baby Carrots, Blueberry Yogurt, Orange D11
14	15	16	17	18
Ham, Baked Sweet Potato, Green Beans, Tropical Fruit B7	Swiss Steak w/Onions & Tomatoes, Mashed Potatoes, Creamed Peas, Fruit Cocktail A24	Chef Salad w/Turkey, Cheese, Egg, Tomato, Peaches, Oatmeal Blueberry Muffin A11	Pork Cutlet, Mashed Potatoes, Glazed Carrots, Crunchy Cranberry Salad CM51D - P28	Hamburger, Hash Browns, Baked Beans, Pears C16
21	22	23	24	25
Baked Chicken Fried Steak, Mashed Potatoes & Milk Gravy, Peas, Apricots, D3	Spaghetti with Meat Sauce, Tossed Romaine Salad, Fruit in Pudding AA22	Roast Beef, Boiled Potato, Gravy, Squash, Crunchy Cranberry Salad, Apricot & Banana Mix 70D - RB4	Pork Chops w/Mushroom Sauce, Sweet Potatoes, Green Beans, Mixed Fruit A8	Chicken & Dressing, Mashed Potatoes & Gravy, Carrots, Cranberry Sauce, Grapes CM56
28	29	30	31	
Chicken Noodle Vegetable Soup, Crackers, Banana, Orange Juice, Jello w/Whip Topping D20	Taco Salad, Peach Fruit Crisp, Vanilla Ice Cream 25-1A - S22	Beef Noodle Stroganoff, Corn, Cottage Cheese, Peaches	Cabbage Beef Soup, Turkey Sandwich, Crackers, Fruit Crisp CM40	NORTH SIOUX CITY DAKOTA SENIOR MEALS CALL 232-0808 BY 9AM TO RESERVE A MEAL

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.