

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Goulash Corn Broccoli Bake Jell-O-n- fruit	Ham Potato Omelet, Blend, Veggie Cinnamon Roll, Plums	Taco Salad, with meat, beans, cheese, lettuce, tomato, Chips Fruit crisp
6	7	8	9	10
Baked Steak w/mushrooms & gravy, Baked Potato, Broccoli, Apricots	Autumn Chicken, Baked Sweet Potato, Green Beans, Mandarin oranges	BBQ Ribs, Baked Potato, Carrots, Greek Yogurt,	Liver & Onions, Mashed Potatoes, Gr. Beans, Peaches	VETERAN'S DAY NO MEALS
13	14	15	16	17
Hamburger, Hash Brown Casserole, Creamed Peas, Pears	Pork Cutlet, Tossed Salad, Mashed Potatoes, Cranberry sauce, Corn, Fruit Cocktail	Meatloaf, Baked Potato, Baked Beans, Apricots	COOK'S CHOICE Chicken Enchilada, Tossed Salad, Fried Rice, Fruit Salad	Breaded Baked Fish, Parsley Potatoes, Peas, Sunshine Salad
	21	22	23	24
COOK'S CHOICE Kielbasa, Baked Potato, Cooked Cabbage, Pineapple	Beef Tips & Gravy, Mashed Potatoes, Broccoli, Peaches	Cacciatore Chicken, Baked Potatoes, Gr. Beans, Applesauce	THANKSGIVING BREAK NO MEALS	THANKSGIVING BREAK NO MEALS
27	28	29	30	
Spaghetti w/meat sauce, Peas, Tossed Salad, Garlic Bread Granola Bar	Chicken Pot Pie Broccoli, Peaches	Porcupine Meatballs, Brown Gravy, Mashed Potatoes Green Beans, Plums	Beef & Noodles, Tossed Salad, Apricots	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.