

October

2017

COOK: VIC RSVP 605-232-0808

NO. SIOUX CITY SENIOR CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Tatar Tot Casserole Toss. Salad Bk. squash Apple sauce	3 Chicken Alfredo Blend veg Cooked apples, Juice	4 Sweet n sour Pork Rice Broccoli apricots	5 Salisbury steak/gravy Baked pot. Peas Plumbs	6 Chicken Parmesan Scalloped Pot. Mixed veg Fruit Cockt.	7 N
8	9 CENTER CLOSED	10 Kielbasa Cooked Cabbage Baked Pot. Pineapple	11 Beef stew Dinner roll Pineapple Fruit Juice	12 Liver n Onions Mashed pot/gravy Carrots Peaches	13 Egg salad sand. Fruit t Salad Mandarin Org. Banana	14
15	16 Chicken Fried Steak Mashed pot/gravy Corn Plumbs	17 Spaghetti /meat sauce Tossed Salad Gar/bread Fruit juice	18 Pork Cutlet's Mashed Pot/gravy Cranberry /sauc. Ft.Jui	19 Baked Ham Baked Sweet Pot. Carrots Pears	20 Hot Dogs Pot. Salad Cole slaw Peaches	21
22	23 Hamburger Tossed Salad Pot wedge Appl./sau	24 Meat-Loaf Baked Pot. Baked beans Apricots	25 Crème of Pot. Soup Tuna salad Sand. Jell-O/fru. Fru. Juice	26 Swiss Steak Mashed pot./gravy Green beans Grapes	27 French Dip Sandwich Spaghetti Salad Cantaloupe cubed	28
29	30 Hot Beef Sandwich Mashed pot/gravy Peas Peaches	31 Sausage gravy/Biscuit Broccoli Salad Plumbs				