

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
NORTH SIOUX CITY DAKOTA SENIOR MEALS CALL 232-0808 BY 9AM TO RESERVE A MEAL				Goulash, Creamed Corn, Lime Jello w/Mandarin Oranges B11
4	5	6	7	8
LABOR DAY NO MEALS	Meatloaf, Baked Potato, Creamed Peas, Pineapple Tidbits B10	Chicken Enchiladas, Baked Brown Rice, Navy Bean Side Dish, Tomato Slices, Cantaloupe CM52B - CH51	Liver & Onions, Mashed Potatoes, Broccoli, Baby Carrots, Waldorf Salad, Orange 4-2 - LO1	Hawaiian Chicken Salad, Potato Salad, Carrots, Banana 21-2 - S21
11	12	13	14	15
Kielbasa, Parsley Buttered Potatoes, Mixed Veggies, Baked Acorn Squash, Pineapple Mandarin Orange Compote CO127	Pork Cutlet, Mashed Potatoes & Gravy, Peas, Cranberry Sauce, Fruit Cocktail, V8 Juice 4-1A - P30	Hamburger Casserole, Green Beans, Carrots, Jello w/Fruit 13-1A - HC1	Sausage Gravy over Biscuit, Hash Brown Wedge, Stewed Tomatoes, Fresh Fruit, B5	Tuna & Noodles, Tossed Salad, Broccoli, Peach Crisp CM82 - T3
18	19	20	21	22
Porcupine Meatballs, Brown Gravy, Mashed Potatoes, Green Beans w/Onions, Peaches, Oatmeal Blueberry Muffin AA11	Ham, Baked Sweet Potato, Green Beans, Tropical Fruit B7	Lasagna, Tossed Salad, Mixed Fruit, French Bread AA7	Baked Chicken, Mashed Potatoes & Milk Gravy, Parslied Carrots, Jello w/Peaches CM75D - CH5	COOK'S CHOICE BBQ Pork Sandwich, Tator Tots, Coleslaw, Apple
25	26	27	28	29
Hot Beef Sandwich, Mashed Potatoes & Gravy, Green Beans & Carrots, Peaches B4	Cook's Choice Chicken Casserole, Tossed Salad, Pears	Navy Bean Soup w/shredded Cheese, Acini de Pepe Salad, Strawberries, Saltines CM59B - S46	Roast Pork, Mashed Potatoes & Gravy, Harvard Beets, Cooked Apples AA4	Turkey Panini, Potato Salad, Carrots, Banana CM42

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.