

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NORTH SIOUX CITY DAKOTA SENIOR MEALS CALL 605-232-0808 BY 9AM TO RESERVE A MEAL	NO MEALS CLOSED NEW YEARS DAY	Taco Casserole, 1/2c Green Beans, 1c Tossed Salad, 1/2c Applesauce CC11	Lemon Pepper Cod, 1/2c Parsley Potatoes, 1/2c Glazed Carrots, 1/2c Pears A10	1 1/4c Chicken Noodle Vegetable Soup, Crackers, Banana, 1/2c Jello w/topping CM20
Porcupine Meatballs, 1/2c Mashed Potatoes & Gravy, 1/2c Green Beans w/Onions, 1/2c Peaches, Oatmeal Blueberry Muffin AA11	1/2c Beef Tips & Gravy, 1/2c Mashed Potatoes, 1/2 Broccoli, 1/2c Peaches CM49	3oz Pork Loin Roast, 1/2c Parslied Potatoes, 1/2c Patio Salad, 3/4c Crunchy Cranberry Salad CM47	3oz Liver & Onions, 1/2c Mashed Potatoes, 1/2c Broccoli, 1/2c Waldorf Salad, Orange 2 - LO1	1/2c Sloppy Joe on Bun, 1/2c Potato Wedges, 1/2c Tomato Spoon Salad, 1/2c Pears CM66A - S32
Baked Porkchop & Dressing Baked Sweet Potato Corn Fruit	1 1/4c Spaghetti w/meat sauce, 1c Tossed Salad, 1/2c Peas, 1/2c Tomato Juice, French Bread CC23	1c Chicken & Dressing, 1/2c Mashed Potatoes & Gravy, 1/2c Peas, 1/2c Fruit Cocktail CM56A - CH20	3oz Meatloaf, Baked Potato, 1/2c Creamed Peas, 1/2c Pineapple Tidbits B10	Egg Salad Sandwich, 1/2c Glazed Carrots, 1/2c Berry Fruit Salad, CM53B - S26
Hamburger on a Bun w/ Lettuce, Tomato, Pickles Potato Chips Pudding w/ Whipped Topping	Chicken Parmesan, 1c Spinach Salad, 1/2c Company Potatoes, 1/2c Green Beans, 1/2c Fruit Cocktail CM71B - CH30	1c Tuna & Noodles, 1c Tossed Salad, 1/2c Broccoli, 1/2c Peach Crisp CM82 - T3	3oz Roast Beef, 1/2c Mashed Potatoes & Gravy, 1/2c Stewed Tomatoes, 1/2c Peaches 18-3 - RB6	1c Chili, Cinnamon Roll, 1/2c Baby Carrots, 1/2c Blueberry Yogurt, Seasonal Fresh Fruit CM16
1c Lasagna, French Bread, Tossed Salad, 1/2c Plums A7	Hot Beef Sandwich, 1/2c Mashed Potatoes & Gravy, 1/2c Green Beans & Carrots, 1/2c Peaches B4	3oz Pork Cutlet, 1/2c Mashed Potatoes, 1/2c Glazed Carrots, 3/4c Crunchy Cranberry Salad CM51D - P28	1c Chicken Alfredo, 1/2c Harvard Beets, 1/2c Fruit Cocktail, Breadstick BB18	

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.