

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
NORTH SIOUX CITY ROCS SENIOR MEALS PROGRAM CALL 605 232-0808 BY 9AM TO RESERVE A MEAL				Ham & Bean Soup W/Cheese & Carrots Strawberries Acini de Pepe Salad
4	5	6	7	8
1 1/2c Goulash, 1/2c Creamed Corn, 3/4c Lime Jell-O w/Mandarin Oranges B11	1 1/8c Beef Stew, WW Dinner Roll, 1/2c Pineapple Tidbits, 1/2c Cranberry Juice Cocktail B1	Swiss Steak w/onion & tomatoes, Baked Potato, 1/2c Oriental Blend Veggies, Fresh Fruit BB16	1 1/8c Cabbage Beef Soup, Chicken Sandwich, 1/2c Bread Pudding w/topping CM35	1c Hawaiian Chicken Salad, Cornbread Muffin, 1/2c V8 Juice, 1/2c Fruit Crisp CM74
11	12	13	14	15
Chicken Strips Mashed Potatoes & Gravy, Coleslaw, Fruit	Hot Beef Sandwich, 1/2c Mashed Potatoes & Gravy, 1/2c Corn, 1/2c Sunshine Salad AA14	Cheeseburger Pie, 1/2c Green Beans, 1/2c Berry Fruit Salad, Banana CM34	3oz Liver and Onions, Baked Potato, 1/2c Green Beans, 3/4c Crunchy Cranberry Salad CM13	1 1/4c Cr Potato Soup, Meat Salad Sandwich, 1/2c Jell-O w/topping, 1/2c Peaches CM6
18	19	20	21	22
NO MEALS PRESIDENTS DAY	Scalloped Potatoes & Ham, Corn, Fruit	1/2c Rotini with Italian Chicken Breast, 1/2c Baked Squash, 1c Tossed Salad, Orange CM27	1c Beef Noodle Stroganoff, 1/2c Parslied Carrots, 1/2c Coleslaw, 1/2c Mandarin Oranges 57C - BN9	Taco Salad, 1/2c Peach Fruit Crisp w/ 1/2c Vanilla Ice Cream 25-1A - S22
25	26	27	28	
Kielbasa, Sauerkraut, Potato Wedges, Apricots	3oz Roast Beef, 1/2c Mashed Potatoes & Gravy, 1/2c Stewed Tomatoes, 1/2c Peaches 18-3 - RB6	3oz Pork Cutlet, 1/2c Mashed Potatoes & Gravy, 1/2c Peas, Fruit Cocktail, 4-1A - P30	Cacciatore Chicken, 1/2c Oven Baked Brown Rice, 1c Tossed Salad, 1/2c Peaches 6-3 - CH18	

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.

