OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
NORTH SIOUX CITY ROCS DINING SERVICES CALL 605-232-0808 THE DAY BEFORE TO RESERVE A MEAL			3oz Meatloaf, 1/2c Oven Browned Potatoes, 1/2c Peas, 1/2c Pineapple Tidbits	1 1/8c Beef & Noodles, 1/2c Parslied Potatoes, 1/2c Carrots, 1/2c Berry Fruit Salad
5	6	7	8	9
1 1/2c Goulash, 1/2c California Blend, Banana, Cookie	3oz Roast Beef, 1/2c Mashed Potatoes & Gravy, 1/2c Harvard Beets, 1/2c Fruit Crisp	3oz Citrus Chicken, 1/2c Herbed Diced Potatoes, 1/2c Green Beans, 3/4c Perfection Salad, Orange	3oz Liver and Onions, Baked Potato, 1/2c Carrots & Peas, 3/4c Crunchy Cranberry Salad	Hamburger on a Bun, 1/2c Potatoes Wedges, 1/2c Coleslaw, 1/2c Applesauce
12	13	14	15	16
NO MEALS IN OBSERVANCE OF COLUMBUS DAY	Porcupine Meatballs, 1/2c Mashed Potatoes & Gravy, 1/2c Green Beans w/Onions, 1/2c Peaches, Oatmeal Blueberry Muffin	3oz Roast Pork, 1/2c Company Potatoes, 1/2c Cooked Cabbage, 1/2c Plums	1c Lentil Soup, Meat Salad Sandwich, 1/2c Strawberries, 1/2c Jell-O w/Topping	3oz Breaded Butterfly Shrimp, 1/2c Parsley Potato, 1/2c Broccoli, 1/2c Carrifruit Salad
19	20	21	22	23
Salisbury Steak w/Brown Gravy, 1/2c Mashed Potatoes, 1/2c Cooked Cabbage, 1/2c Plums	Pork Chop w/Mushroom Sauce, 1/2c Sweet Potatoes, 1/2c Green Beans, 1/2c Mixed Fruit	Chicken Enchiladas, 1/2c Brown Rice, 1/2c 5-Way Vegetables, 1/2c Mandarin Oranges	Baked Steak w/Mushroom Gravy, Baked Potato, 1/2c Corn, 1/2c Strawberries, 1/2c Ice Cream	Taco Salad w/Meat, Beans, Cheese, Lettuce, Tomatoes, Tortilla Chips, 3/4c Pudding w/Fruit
26	27	28	29	30
1c Sweet & Sour Chicken, 1/2c Brown Rice, 1/2c Broccoli, 1/2c Apricots	Hot Beef Sandwich, 1/2c Mashed Potatoes & Gravy, 1/2c California Vegetables, 1/2c Orange Sunshine Salad	3oz Pork Cutlet, 1/2c Mashed Potatoes & Gravy, 1/2c Peas, Fruit Cocktail	2/3c Tator Tot Casserole, Tossed Salad, 1/2c Cooked Carrots, Orange	1c Chili, 1/2c Fruit Cocktail, 1/2c Vanilla Ice Cream

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.