

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ROCS DINING SERVICES- NORTH SIOUX CITYCALL 232-0808 THE DAY BEFORE TO RESERVE A MEAL				1
4 Goulash Coleslaw Mandarin Oranges	5 Sweet & Sour Pork Oven Baked Brown Rice Steamed Broccoli Apricots	6 Roast Pork Baked Potato Peas Pudding W/Fruit	7 Swedish Meatballs Parslied Potatoes Stewed Tomatoes Berry Fruit Salad	8 Meatloaf Baked Potato Creamed Peas Pineapple Tidbits
11 NO MEALS NATIVE AMERICAN DAY COLUMBUS DAY	12 Roast Beef Mashed Potatoes W/Gravy Peas Upside Down Cheesecake W/Fruit Topping	13 Citrus Chicken Baked Potato Baked Squash Acini Di Pepe Fresh Fruit	14 Liver & Onions Company Potatoes Parslied Carrots Fruit Cocktail	15 Hawaiian Chicken Salad Potato Salad Banana
18 Hot Beef Sandwich Mashed Potatoes W/Gravy Green Beans & Carrots Peaches	19 Swiss Steak W/Onion & Tomato Baked Potato Oriental Blend Veg Fresh Fruit	20 Sausage Gravy Over Biscuit Hash Brown Wedge Stewed Tomatoes Fresh Fruit	21 Chicken & Dressing Mashed Potatoes W/Gravy Peas Grapes	22 Breaded Butterfly Shrimp Dinner Salad Baked Potato Corn O'Brian Berry Fruit Salad
25 Taco Salad W/Meat, Bean, Cheese, Salsa, Lettuce, Tomatoes, Tortilla Chips Fresh Fruit	26 Beef Stew WW Dinner Roll Pineapple Tidbits Cranberry Juice Cocktail	27 Pork Cutlets Mashed Potatoes W/Gravy Peas Fruit Cocktail	28 Baked Fish Company Potatoes Stewed Tomatoes Tropical Fruit	29 Chili Marinated Vegetable Salad Crackers Pudding W/Fruit

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.