

# MAY 2022

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| 2  | 3  | 4  | 5   | 6  |
| Spaghetti w/ Meat Sauce<br>Peas<br>Peaches<br>French Bread                     | Baked Chicken<br>Company Potatoes<br>Cooked Cabbage<br>Pears                     | Pork Roast<br>Parsley Potatoes<br>Tomato Spoon Salad<br>Apricots                 | Lasagna<br>Tossed Salad<br>Parsley Carrots<br>Plums                             | Sweet & Sour Chicken<br>Brown Rice<br>Broccoli<br>Mixed Fruit  |
| 9  | 10   | 11   | 12  | 13   |
| Chicken & Dressing<br>Mashed Potatoes & Gravy<br>Carrots<br>Grapes             | Salisbury Steak<br>Baked Potato<br>California Vegetables<br>Plums                | Porkchop w/ mushroom<br>Sauce<br>Sweet Potatoes<br>Peas<br>Mandarin Oranges      | Liver & Onions<br>Mashed Potatoes & Gravy<br>Corn<br>Berry Fruit Salad          | Chili<br>Cinnamon Roll<br>Fruit cocktail<br>Ice Cream  |
| 16   | 17   | 18   | 19  | 20   |
| Meatloaf<br>Baked Sweet Potato<br>Green Beans<br>Pineapple Tidbits             | Roast Turkey<br>Mashed Potatoes & Gravy<br>Creamed Peas<br>Orange<br>Cookie      | Lemon Pepper Cod<br>Oven Browned Potatoes<br>Stewed Tomatoes<br>Pudding w/ Fruit | Hot Beef Sandwich<br>Mashed Potatoes & Gravy<br>Corn<br>Sunshine Salad<br>Fruit | Cream Of Potato Soup<br>Egg Salad Sandwich<br>Broccoli & Carrots<br>Jell-O w/ Fruit<br>Banana        |
| 23   | 24   | 25   | 26  | 27   |
| Beef & Noodles<br>Squash<br>Tossed Salad/Tomatoes<br>Strawberries<br>Ice Cream | Taco Burger w/ Lettuce &<br>Tomato<br>Potato Wedges<br>5 Way Vegetables<br>Fruit | Pork Cutlets<br>Mashed Potatoes & Gravy<br>Peas<br>Applesauce                    | Chicken Fried Chicken<br>Mashed Potatoes & Gravy<br>Green Beans<br>Peaches      | Breaded Shrimp<br>Parsley Potatoes<br>Glazed Carrots<br>Acini di Pepe Salad<br>Fruit                 |
| 30   | 31   |  |   |  |
| MEMORIAL DAY<br>CLOSED   | Meat Salad Sandwich<br>Cream Of Broccoli Soup<br>Banana<br>V-8 Juice             |  |   | NORTH SIOUX CITY<br>ROCS Dining Services<br>Call 605-232-0808<br>The day before to reserve<br>a meal |

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.