

JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Chicken Strips Potato Wedges Coleslaw Fruit Cocktail	Tater Tot Casserole Tossed Salad Baked Squash Peaches	Ham & Bean Soup W/Onions & Tomatoes Mixed Veg Strawberries Acini de Pepe Salad
6	7	8	9	10
Goulash Creamed Corn Peaches Cookie	Swiss Steak W/Onions & Tomatoes Baked Potato Peas & Carrots Apricots	Chicken Enchilada Casserole Tossed Salad Peaches	Liver & Onions Mashed Potatoes & Gravy Green Beans Fruit Cocktail	Hamburger on a Bun Potato Salad Carrots Banana
13	14	15	16	17
Beef Noodle Stroganoff Peas Peaches	Sweet & Sour Pork Brown Rice Broccoli Tropical Fruit	Roast Beef Mashed Potatoes & Gravy Tomato Spoon Salad Jell-O w/Fruit	Creamed Turkey Over Mashed Potatoes Parslied Carrots Mandarin Oranges	Beef Stew Pineapple Tidbits Tossed Salad V-8 Juice Dinner Roll
20	21	22	23	24
Swedish Meatball Parslied Potatoes 5 Way Vegetables Applesauce	Polish Sausage Sauerkraut Peas Pudding w/Fruit	Rotini w/Italian Chicken Breast Baked Squash Tossed Salad Orange	BBQ Pork Ribs Baked Beans Corn Fresh Fruit	Taco Salad Tortilla Chips Apple Crisp Ice Cream
27	28	29	30	
Chicken & Noodles Creamed Potatoes Tossed Salad Plums	Beef Tips & Gravy Mashed Potatoes & Gravy Stewed Tomatoes Jell-O w/Fruit	Pork Cutlets Mashed Potatoes & Gravy Peas Pears	Taco Casserole Cooked Cabbage Fresh Fruit	NORTH SIOUX CITY ROCS Dining Services Call 605-232-0808 The day before to reserve 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.