

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
NORTH SIOUX CITY ROCS DINING SERVICES CALL 605-232-0808 THE DAY BEFORE TO RESERVE A MEAL			1 pc Chicken & Dressing Mashed Potatoes & Gravy Baked Squash Cranberry Sauce Grapes	Turkey Sandwich Cabbage Beef Soup Apple Crisp
5	6	7	8	9
CLOSED FOR LABOR DAY HOLIDAY	Swedish Meatballs Over Noodles Carrots Mandarin Oranges	Pork Chop w/Apple Chutney Baked Potato California Vegetables Banana	Liver & Onions Mashed Potatoes & Gravy Broccoli Fruit Cocktail	Chicken & Noodles Creamed Peas Plums
12	13	14	15	16
Spaghetti w/Meat Sauce Green Beans Peaches Garlic Bread	Sweet & Sour Pork Rice Broccoli Tropical Fruit	Roast Beef Mashed Potatoes & Gravy Tomato Spoon Salad Pudding w/Fruit	Autumn Chicken Baked Sweet Potato Peas & Carrots Orange	Ham & Bean Soup w/Carrots & Cheese Broccoli Acini de Pepe Salad Jell-O w/ Strawberries
19	20	21	22	23
Bacon Cheeseburger Pie Tossed Salad w/Tomato Slices Peas Berry Fruit Salad	Lemon Pepper Cod Baked Potato Glazed Carrots Apricots	Baked Steak w/Mushroom Gravy Parslied Potatoes Green Beans Jell-O w/Fruit	Roast Pork Mashed Potatoes & Gravy Broccoli Pears	Hawaiian Chicken Salad Cornbread Muffin Stewed Tomatoes Peach Crisp
26	27	28	29	30
Beef Tips & Gravy Baked Potato Carrots Peaches	Sierra Chicken Salad Baked Squash California Vegetables Fruit Cocktail	Pork Cutlets Mashed Potatoes & Gravy 5 Way Vegetables Pears	Salmon Patty Herbed Diced Potatoes Corn Cooked Apples	Polish Sausage Sauerkraut Peas Plums

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.