

# NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Hot Beef Sandwich Mashed Potatoes & Gravy Tomato Spoon Salad Sunshine Salad	Porcupine Meatball Mashed Potatoes & Gravy Peas Fruit Crisp w/Topping	Tater Tot Casserole Stewed Tomatoes Cooked Apples	Mexican Chicken Soup Fruity Slaw Peaches
7	8	9	10	11
Reuben Sandwich Potato Wedges Harvard Beets Fruit	Salisbury Steak w/ Mushroom Gravy Baked Potato Squash Grapes	Chicken and Dressing Mashed Potatoes & Gravy Broccoli Mandarin Oranges	Liver & Onions or Chicken Fried Steak Mashed Potatoes & Gravy Carrots Pears	VETERANS DAY HOLIDAY NO MEALS
14	15	16	17	18
Spaghetti w/Meat Sauce Tossed Salad California Vegetables Apricots	Pork Roast Mashed Potatoes & Gravy Green Beans Tropical Fruit	Turkey Tetrizzini Tossed Salad w/Tomatoes Mandarin Oranges	Meatloaf Baked Potato Carrots Pineapple Tidbits	Ham and Bean Soup w/Carrots Cornbread Muffin Jell-O w/ Fruit
21	22	23	24	25
Sloppy Jo on a Bun Macaroni and Cheese Broccoli Banana	Pork Cutlets Mashed Potatoes & Gravy Glazed Carrots Pears	Baked Fish Herbed Diced Potatoes California Vegetables Apple Sauce	THANKSGIVING DAY HOLIDAY NO MEALS	THANKSGIVING HOLIDAY NO MEALS
28	29	30		
Pork Chop w/Mushroom Gravy Baked Potato Broccoli Plums	Lasagna Tossed Salad w/Tomatoes Fruit Cocktail French Bread	Chicken and Noodles Peas & Carrots Peaches	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.