

NSC March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
North Sioux City ROCS Dining Services Call 605-232-0808 The Day Before To Reserve A Meal		Pork Loin Chop w/Cranberry Chutney Baked Potato California Vegetables	Best Delight Casserole 5 Way Vegetables Apricots	Tuna & Noodles Tossed Salad Broccoli Peach Crisp
6	7	8	9	10
Spaghetti w/Meat Sauce Tossed salad w/Tomatoes French Bread Fruit	Pork Roast Mashed Potatoes & Gravy Cooked Cabbage Apricots	Chicken & Dressing Mashed Potatoes & Gravy Baked Squash Pears	Grape Jelly Meatballs Baked Beans California Vegetables Tropical Fruit	Egg Salad Sandwich Cream of Potato Soup Carrot & Celery Sticks w/Ranch Orange
13	14	15	16	17
Sausage Gravy w/Biscuit Green Beans Banana	Baked Steak w/Mushroom Gravy Baked Potato Peas & Carrots Berry Fruit Salad	Meat Salad Sandwich Tomato Soup Tossed Salad Strawberries w/Topping Crackers	Corned Beef & Cabbage Parsley Potatoes Pudding w/Fruit	Salmon Patty Company Potatoes Creamed Peas Applesauce
20	21	22	23	24
Sweet & Sour Pork Oriental Vegetables Rice Tropical Fruit	Chicken Alfredo Harvard Beets Apple Crisp French Bread	Meatloaf Baked Sweet Potato Peas Jell-O w/Peaches	Lives & Onions or Chicken Fried Steak Mashed Potatoes & Gravy Carrots Crunchy Cranberry Salad	Lemon Pepper Cod Baked Potato Broccoli Fruit Cocktail
27	28	29	30	31
Ground Beef Stuffed Pepper Skillet Tossed Salad/Tomatoes Mandarin Oranges	Mandarin Orange Chicken Oven Browned Potatoes Green Beans Peaches	Pork Cutlets Mashed Potatoes & Gravy California Vegetables Pears	Roast Beef Mashed Potatoes & Gravy Broccoli Acini de Pepe Salad Fruit	Breaded Shrimp Parslied Potatoes Peas & Carrots Apricots

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.