

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
ROCS DINING SERVICES -NORTH SIOUX CITY- Call 605-232-0808 By 1:00pm the Day Before to Reserve a Meal!		Swedish Meatballs Over Noodles Peas Mandarin Oranges	Baked Chicken Mashed Potatoes/Gravy Harvard Beets Apricots	Chili Cinnamon Roll Carrot & Celery Sticks w/Ranch Pudding w/Fruit
6	7	8	9	10
Spaghetti w/Meat Sauce California Vegetables Tossed Salad Apricots	Chicken Strips Mashed Potatoes/Gravy Coleslaw Fruit Cocktail	Biscuits & Sausage Gravy Green Beans Banana Orange Juice	Liver & Onions or Chicken Fried Steak Mashed Potatoes/Gravy Peas & Carrots Pears	Veterans Day No Meals
13	14	Thanksgiving Meal 15	16	17
Meatloaf Baked Potatoes Creamed Peas Pineapple Tidbits	Swiss Steak w/Tomatoes & Onions Oven Browned Potatoes Green Beans Peaches	Roast Turkey Mashed Potatoes/Gravy Corn Cranberry Sauce Pumpkin Pie w/Topping	Pork Chop w/Mushroom Sauce Sweet Potatoes Broccoli Fruit Cocktail	Beef Barley Soup Turkey Sandwich Tomato Spoon Salad Pears
20	21	22	23	24
Beef & Noodles Broccoli Strawberries Ice Cream	Pork Roast Mashed Potatoes/Gravy Cooked Cabbage Plums	John Wayne Casserole California Vegetables Grapes Cookie	Happy Thanksgiving No Meals	Thanksgiving Break No Meals
27	28	29	30	
Hawaiian Chicken Salad Cornbread Muffing V8 Juice Apple Crisp	Citrus Chicken Herbed Potatoes Green Beans Jello w/Fruit	Pork Cutlets Mashed Potatoes/Gravy Peas & Carrots Apricots	Hot Beef Sandwich Mashed Potatoes/Gravy 5 Way Vegetables Tropical Fruit	

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.