

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
				Beef barley soup Turkey sandwich Pea salad Apricots
5	6	7	8	9
Goulash 5way veggies Fruit cocktail	Baked ham Baked sweet potato California blend veg Pears	BBQ chicken breast Baked potato Peas Peaches	Meatloaf Oven browned potatoes California blend veg Fruited jello	Mexican chicken soup Carrot & celery sticks Fruity slaw Fruit crisp
12	13	Ash Wednesday 14	15	16
Beef tips & Gravy Mashed potatoes Peas Applesauce	Chicken & dressing Mashed potatoes / gravy Carrots Pears	Fish sandwich Potato wedges Cole slaw Fruit / cookie	Liver & onions or chicken fried steak Mashed potatoes /gravy Green beans Crunchy cranberry salad	Lentil soup Cheese sandwich Carrot sticks banana
19	20	21	22	23
President's Day No Meals	Hamburger on bun Company potatoes Corn Peaches	Roast pork Mashed potatoes /gravy Harvard beets Apricots	Pork chop w/mushroom gravy Baked potato Broccoli plums	Breaded shrimp Parslied potatoes Broccoli Tropical fruit
26	27	28	29	
Sierra chicken casserole Cooked cabbage California veggies Mandarin oranges	Porcupine meatballs Baked potato Broccoli Pudding/ fruit	Pork cutlets Mashed potatoes / gravy Peas & carrots Peaches	Chicken shepherds pie Glazed carrots Fruited jello	ROCS DINING SERVICES NSC CALL 605-232-0808 BY 1:00 PM 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.