

# JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
BEEF TIPS & GRAVY MASHED POTATOES CAULIFLOWER & BROCCOLI PEACHES	PORK CHOP W/MUSHROOM SAUCE BAKED SWEET POTATO GREEN BEANS FRUIT COCKTAIL	ROAST BEEF MASHED POTATO/GRAVY CARROTS PEARS	4 <sup>TH</sup> OF JULY NO MEALS	CHICKEN STRIPS MASHED POTATO/GRAVY TOMATO SPOON SALAD ORANGE
8	9	10	11	12
SPAGHETTI/MT SAUCE TOSSED SALAD W/TOMATO PEACHES FRENCH BREAD	SAUSAGE GRAVY W/BISCUIT BAKED SQUASH GREEN BEANS STRAWBERRIES W/TOPPING ORANGE JUICE	CHICKEN & NOODLES CARROTS APRICOTS	LIVER & ONIONS OR CHICKEN FRIED STEAK BAKED POTATO PEAS CRUNCHY CRANBERRY SALAD	FISH SANDWICH POTATO WEDGES COLESLAW PINEAPPLE
15	16	17	18	19
SALISBURY STEAK MASHED POTATO/GRAVY PEAS & CARROTS FRUIT COCKTAIL	EGG SALAD SANDWICH TOMATO SOUP BROCCOLI CARRIFRUIT SALAD MANDARIN ORANGES	ROAST PORK COMPANY POTATOES GREEN BEANS FRUITED JELLO	SWEET & SOUR CHICKEN RICE CALIFORNIA BLEND VEG TROPICAL FRUIT	POLISH SAUSAGE OVEN BROWNED POTATOES SAUERKRAUT PEARS
22	23	24	25	26
CHICKEN FRIED STEAK MASHED POTATO/GRAVY CALIFORNIA BLEND VEG MANDARIN ORANGES	SWEDISH MEATBALLS PARLSIED POTATOES PEAS PEARS	CREAM OF BROCCOLI SOUP MEAT SALAD SANDWICH PEAS & CARROTS BANANA	BAKED HAM SWEET POTATOES GREEN BEANS CRANBERRY SAUCE PUMPKIN PIE	TACO SALAD W/MT, BEANS, CHEESE, LETTUCE, TOMATO TORTILLA CHIPS PUDDING W/FRUIT
29	30	31		
HAWAII CHICKEN SALAD CORNBREAD MUFFING VEGETABLE JUICE PEACHES	GROUND BEEF CASSEROLE TOSSED SALAD W/TOMATOES APRICOTS	PORK CUTLETS MASHED POTATO/GRAVY GREEN BEANS PEARS		ROCS DINING SERVICES NORTH SIOUX CITY CALL 605-232-0808 BY 1:00 PM THE DAY BEFORE TO RESERVE A MEAL

-N-UTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.