

AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Goulash, Parslied Carrots, Coleslaw, Mandarin Oranges 5-1A - HG1	Ham, Baked Sweet Potato, Green Beans, Tropical Fruit B7	BBQ Chicken, Baked Potato, Peas, Pears & V8 Juice CM72	Roast Beef, Mashed Potatoes & Gravy, Peas, Cranberry Sauce, Upside Down Cheesecake w/topping CM70	Swedish Meatballs, Noodles, Peas, Creamy Coleslaw, Mandarin Oranges A13
8	9	10	11	12
Egg Salad Sandwich, Glazed Carrots, Fruited Coleslaw, Berry Fruit Salad, Cranberry Bar CM53B - S26	Meatloaf, Baked Potato, Parslied Carrots, Strawberries w/topping 1-3 - ME1	Cacciatore Chicken, Creamed Potatoes, Broccoli, Carrifruit Salad, Banana CM73A - CH15	Liver & Onions, Mashed Potatoes, Broccoli, Baby Carrots, Waldorf Salad, Orange 4-2 - L01	Tator Tot Casserole, Cream of Broccoli Soup, Acini Di Pepe 8-2 - T1
15	16	17	18	19
Baked Chicken Fried Steak, Mashed Potatoes & Milk Gravy, Peas, Apricots, D3	Spanish Rice w/Hamburger, Peas, Crunchy Cranberry Salad 10-2 - S5	Baked Steak w/mushrooms & gravy, Baked Potato, Green Beans, Spinach Salad, Fruit Crisp CM61D - CR61	Baked Fish, Company Potatoes, Stewed Tomatoes, Tropical Fruit B20	Upside Down Pizza, Pasta Veggie Salad, Sliced Tomato, Banana 64C - PZ3
22	23	24	25	26
Chef Salad w/Turkey, Cheese, Egg, Tomato, Peaches, Oatmeal Blueberry Muffin A11	Spaghetti w/Meat Sauce, Peas, Tossed Salad, Tomato Juice, French Bread, Peaches C23	Roast Turkey, Mashed Potatoes & Gravy, Broccoli, Pears, Cranberry Sauce BB24	Beef & Noodles, Tossed Salad, Parslied Carrots, Plums B6	Chili Cheese Dog, Oven Fries, Lime Perfection Salad, Apricots Cook's Choice
29	30	31		
Baked Pork Chop w/onion & herbs, Baked Potato, Broccoli Corn Bake, Spinach Salad, Peaches CM48C - P22	Porcupine Meatballs, Brown Gravy, Mashed Potatoes, Green Beans w/Onions, Peaches, Oatmeal Blueberry Muffin AA11	Taco Salad, Mixed Veggies, Pudding w/fruit BB25	Look for local produce...it is healthier and less expensive than buying in a store.	NORTH SIOUX CITY DAKOTA SENIOR MEALS CALL 232-0808 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.