

JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
NORTH SIOUX CITY DAKOTA SENIOR MEALS CALL 232-0808 TO RESERVE A MEAL		<p style="font-size: small;">Watch your portion sizes! The amount you eat or drink plays an important role in your energy balance strategy.</p>		Cacciatore Chicken, Baked Potato, Green Bean Amandine, Apple Sauce A16
4	5	6	7	8
NO MEALS INDEPENDENCE DAY	Meatloaf, Baked Potato, Parslied Carrots, Strawberries w/topping 1-3 - ME1	Pork Cutlet, Tossed Salad, Mashed Potatoes, Corn Broccoli Bake, Peaches CM51B - P26	Baked Chicken, Baked Sweet Potato, Harvard Beets, Pears, Tomato Juice 10-3 - CH9	BBQ Beef on Bun, Parslied Carrots, Potato Salad, Lime Sunshine Salad, Fresh Fruit BB23
	12	BIRTHDAY DINNER	14	15
Sausage Gravy over Biscuit, Green Beans, Orange, Cranberry Orange Bar CM17D - P36	Roast Beef, Company Potatoes, Seasoned Spinach, Grape Juice 8-3 - RB5	Swiss Steak w/onion & tomatoes, Baked Potato, Oriental Blend Veggies, Fresh Fruit BB16	Liver & Onions, Mashed Potatoes, Broccoli, Baby Carrots, Waldorf Salad, Orange 4-2 - L01	Cheeseburger Pie, Baked Sweet Potato, Green Beans, Tossed Salad 34B - CP2
18	19	20	21	22
Chef Salad, Crackers, Peaches, Cranberry Orange Bar CM21	Sloppy Joe on WW Bun, Macaroni & Cheese, Broccoli, Orange CM58C - S31	Baked Chicken Fried Steak, Mashed Potatoes & Milk Gravy, Peas, Apricots, D3	Lasagna, Tossed Salad, Mixed Fruit, French Bread AA7	Beef Tips & Gravy, Oven Baked Brown Rice, Broccoli, Apricots 19-3 - BT1
25	26	27	28	29
Pork Loin w/Apple Cranberry Chutney, Sweet Potato, Green Beans Amandine, Jello w/Mandarin Oranges CM48	Hot Beef Sandwich, Mashed Potatoes & Gravy, Corn Broccoli Bake, Peaches, Vanilla Ice Cream C4	Chicken Parmesan, Scalloped Potatoes, Broccoli, Tomato Spoon Salad, Peaches CM71C - CH31	Polish Sausage & Kraut, Oven Fries, Green Beans, Pineapple Cook's Choice	Taco Salad, Mixed Veggies, Pudding w/fruit BB25

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.