

DAKOTA SENIOR MEALS
NORTH SIOUX CITY
 605-232-0808
March 2016

Nutritional information is available at the site. All menus are subject to change. All meals are served with wheat bread and 1 % milk unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>To help avoid waste and manage food costs, please make reservations a day in advance.</i></p>	<p>1 Chicken fried steak w/country gravy 1/2c mashed potatoes 1/2c peas 1/2c apricots D3</p>	<p>2 Hot pork and cheese sandwich on ww bun ½ c tater tots ½ c carrots ½ c peaches</p>	<p>3 4oz Beef brisket ½ c scalloped potatoes ½ c broccoli ½ c pears A3</p>	<p>4 3oz Baked fish 1/2c oven browned potatoes 1/2c parsley carrots 1/2c pineapple A19</p>
	<p>7 8oz Beef stew ½ c jello w/ fruit 1/2c cranberry juice Whole wheat dinner roll B1</p>	<p>8 4oz Meatloaf 1/2c mashed potatoes 1/2c peas and carrots Fresh apple Dessert</p>	<p>9 Taco salad with meat/beans/cheese, lettuce and tomato 1/2c mixed veggies 3/4c pudding with fruit BB25</p>	<p>10 3oz Liver and onions 1/2c mashed potatoes 1/2c corn 1/2c oranges 4-2</p>
<p>14 8oz Ham and bean soup Egg salad sandwich 1/2c jello 1/2c pears CM53</p>	<p>15 Applesauce ribs Baked potato with sour cream ½ c corn bake ½ c tropical fruit 6-2</p>	<p>16 BIRTHDAY DINNER Baked chicken thigh ½ c sweet potatoes ½ c beets ½ c apricots Birthday dessert</p>	<p>17 St. Patty's Day Corned beef and cabbage 1/2c Mashed potatoes 1/2c carrots Rye bread 4oz Fruit juice Cookie Co38</p> 	<p>18 4oz Lemon pepper cod 1/2c Company potatoes 1/2c California blend veggie 1/2c plums 1/2c tomato juice A5</p>
<p>21 Hot roast beef sandwich 1/2c mashed potatoes 1/2c lima beans 3/4c lemon sunshine salad AA14</p>	<p>22 4oz Pork chop with 1/2c dressing 2oz gravy 1/2c Brussel sprouts 1/2c apricots Whole wheat dinner roll B22</p>	<p>23 8oz Goulash 1/2c creamed corn 1/2c mixed fruit 1/2c pudding B11</p>	<p>24 Polish sausage and sauerkraut 1/2c mashed potatoes 1/2c Italian blend veggie 1/2c grapes Co127</p>	<p>25 Sloppy joe on a ww bun ½ c cauliflower salad 3 tomato slices 1c Cantaloupe Oatmeal raisin cookie</p>
<p>28 Spaghetti and meat sauce 1/2c green beans 1c ceasar salad Orange Garlic bread B22</p>	<p>29 4oz Pork loin 1/2c scalloped potatoes 1/2c mixed veggies 1/2c cottage cheese and fruit AA12</p>	<p>30 1 ¼ c potato and corn chowder Cold cut sandwich ½ c stewed tomatoes ½ c jello with fruit ½ c peaches CM6</p>	<p>31 Baked ham ½ c Au Gratin potatoes ½ c mixed veggies ½ c pineapple ½ c fruit juice CM62A</p>	<p><i>Lunch is served at noon. Home delivered meals will arrive between 10:45 and 11:45am. Suggested donation is \$4.00 per meal.</i></p>