

OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chili, Cinnamon Roll, Baby Carrots, Blueberry Yogurt, Orange D11	Ham, Baked Sweet Potato, Green Beans, Tropical Fruit B7	Salisbury Steak w/gravy, Baked Potato, California Veggies, OJ, Plums 20-1A, 18-2 - S1	BBQ Chicken, Baked Potato, Peas, Pears & V8 Juice CM72	Spanish Rice w/Hamburger, Peas, Crunchy Cranberry Salad 10-2 - S5
10	11	BIRTHDAY DINNER 12	13	14
NO MEALS COLUMBUS DAY	Pork Cutlet, Mashed Potatoes, Glazed Carrots, Crunchy Cranberry Salad CM51D - P28	Homemade Pizza, Tossed Salad w/Kidney Beans, Peaches D6	Liver and Onions, Baked Potato, Green Bean Amandine, Crunchy Cranberry Salad CM13	Tomato Soup, Grilled Cheese Sandwich, Spinach Salad, Banana CM83
17	18	19	20	21
Beef Stew, WW Dinner Roll, Pineapple Tidbits, Cranberry Juice Cocktail B1	Sausage Gravy over Biscuit, Hash Brown Wedge, Stewed Tomatoes, Fresh Fruit, B5	Grilled Chicken or Panini Sandwich, Spinach Salad, Banana, Angel Food Cake w/topping CM36	Polish Sausage & Sauerkraut, Parsley Buttered Noodles, Broccoli, Grapes Cook's Choice	Tator Tot Casserole, Cream of Broccoli Soup, Acini Di Pepe 8-2 - T1
24	EVENING MEAL 25	26	27	28
Baked Chicken Fried Steak, Mashed Potatoes & Milk Gravy, Peas, Apricots, D3	Spaghetti w/Meat Sauce, Peas, Tossed Salad, Tomato Juice, French Bread, Peaches C23	Cacciatore Chicken, Baked Potato, Green Beans, Applesauce & Ice Cream CM73	Cream of Potato Soup, Egg Salad Sandwich, Lime Jello w/Pears, Apple A20	Pork Chop w/Apple Cranberry Chutney, Baked Potato, California Veggies, Plums, OJ CM48A - P20
HALLOWEEEEEN 31				
Taco Salad, Peach Fruit Crisp, Vanilla Ice Cream 25-1A - S22				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.