

NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Meatloaf Oven Brownd Sweet Potatoes Green Beans Jello W/Fruit	Roast Pork Mashed Potatoes Gravy Harvard Beets Cooked Apples	Lentil Soup Meat Salad Sandwich Tossed Salad W/Tomato Strawberries Jello W/Topping	Porcupine Meatballs Mashed Potatoes Gravy Peas Fruit Crisp W/Topping	Breaded Butterfly Shrimp Company Potatoes Coleslaw Fruit
8	9	10	11	12
Spagetti W/Meat Sauce Peas Peaches French Bread	Chicken Breast Tossed Salad Baked Squash Orange	Liver & Onions Company Potatoes Parslied Carrots Fruit Cocktail	NO MEALS VETERANS DAY	Egg Salad Sandwich Cream Of Potato Soup Sliced Cucumbers Orange
15	16	17	18	19
Chicken Strips Mashed Potatoes Gravy Coleslaw Fruit	Beef Tips Gravy Mashed Potatoes Broccoli Peaches	Roast Turkey Mashed Potatoes Gravy Peas & Carrots Pears Cranberry Sauce	Cheeseburger Pie Green Beans Berry Fruit Salad Banana	Sloppy Joe On A Bun Potato Wedges Tomato Spoon Salad Pears
22	23	24	25	26
Taco Casserole Green Beans Tossed Saadl Applesauce	Roast Beef Mashed Potatoes Gravy Harvard Beets Fruit Crisp	Pork Cutlet Oven Brownd Potatoes Glazed Carrots Crunchy Cranberry Salad	NO MEALS THANKSGIVING	NO MEALS THANKSGIVING BREAK
29	30			
Navy Bean Soup W/Shredded Cheese Carrots Mandarin Oranges Cornbread Muffin	Chicken Alfredo Italian Veg Cooked Apples Garlic Bread	ROCS DINING SERVICES- NORTH SIOUX CITY CALL 232-0808 THE DAY BEFORE 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.