

NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<p>Chicken Mashed Potatoes Green Beans Macaroni Salad Fruit Cocktail</p>	<p>Country Steak Boiled Potatoes Scandinavian Blend Pistachio Salad Blueberry Crisp</p>	<p>Roast Beef Mashed Potatoes Creamed Corn Sunshine Jello Salad Pineapple</p>	<p>Spaghetti W/Meat Sauce Prince Edward Veg Tossed Salad Bread sticks Pears</p>	<p>Tomato Soup Grilled Cheese Sandwich Peas Peach Fluff Lemon Bar</p>
8	9	10	Veterans Day 11	12
<p>Pork Chop Fresh Yams Scandinavian Blend Pineapple Salad Mixed Fruit</p>	<p>Chicken Mashed Potatoes Beets Cookie Salad Pears</p>	<p>Roast Beef Mashed Potatoes Creamed Corn Cole Slaw Pineapple</p>	<p>Chicken Alfredo Broccoli Pistachio Salad Red, White, & Blue Poke Cake</p>	<p>Chili Soup Ham Sandwich Oreo Salad Cinnamon Rolls Mixed Fruit</p>
15	16	17	18	19
<p>Porcupine Meatballs Mashed Potatoes Creamed Cabbage Fruited Jello Apple Crisp</p>	<p>Elegant Chicken Baked Potato Carrots Fruit Salad Apple Sauce</p>	<p>Salisbury Steak Boiled Potatoes Spring Blend Cranberry Mousse Poke Cake</p>	<p>Goulash Scandinavian Blend Seafoam Salad Mandarin Oranges</p>	<p>Cheeseburger Soup Turkey Sandwich Peas Grape Salad Pineapple</p>
22	23	24	25	26
<p>Chicken Lasagna Broccoli Lime fruited Jello Lemon Pudding</p>	<p>Beef Tip W/Peppers & Onions Mashed Potatoes PE Veg Sunshine Jello Salad Pears</p>	<p>Chicken Mashed Potatoes Peas Ramen Noodle Salad Applesauce</p>	<p>CLOSED NO MEALS HAPPY THANKSGIVING</p>	<p>Beef Stew Biscuit Pineapple Salad Cookie</p>
29	30			
<p>BBQ Ribs Baked Potato Creamed Peas Macaroni Salad Applesauce</p>	<p>Swiss Steak Boiled Potatoes Gravy Corn Cottage Cheese Salad Pears</p>	<p>ROCS DINING SERVICES- ARMOUR CALL 724-2142 OR 724-2159 BEFORE 10 AM TO RESERVE A MEAL</p>	<p>SENIOR CITIZENS MONTHLY MEETING THE 1ST WEDNESDAY OF THE MONTH @ 10:30 AM</p>	

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.