

**Wessington Springs ROCS Dining**

**NOVEMBER 2021**

**539-9331 Meals served daily NOON**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken Strips Macaroni Salad Carrot and Celery Sticks Strawberries	<b>2</b> <u>Chair Yoga - 10:30 am</u> Spaghetti w/ Meat Sauce Leafy Green Salad Peas Garlic Bread Vanilla Pudding with Fruit	<b>3</b> Rib Sandwich with Onions and Peppers Potato Salad Sliced Apples with Caramel	<b>4</b> Hot Beef with Mashed Potatoes and Gravy California Blend Vegetables Peaches	<b>5</b> Scalloped Potatoes with Ham Buttered Carrots Bun Red Jello with Pears
<b>8</b> <u>Senior Center Meeting</u> Beef Tips over Noodles Buttered Corn Bun Sliced Cucumbers/Ranch Mixed Fruit	<b>9</b> <u>Chair Yoga - 10:30 am</u> <u>Birthday Dinner \$5.00</u> <u>Turkey Dinner</u> with Dressing, Sweet Potatoes, Green Beans, Cranberries Pumpkin Pie	<b>10</b> Ring Bologna Macaroni Salad Broccoli Bun Apple Rings	<b>11 No Meals Served</b> Veteran's Day 	<b>12</b> Salmon Potato Wedges Green Peas Garlic Bread Pears
<b>15</b> Chicken Fried Steak Mashed Potatoes/Gravy Green Beans Bun Fruit Salad	<b>16</b> <u>Chair Yoga - 10:30 am</u> Taco Salad w/ Ground Beef, Leafy Greens, Tomatoes, Bread Stick Pistachio/Pineapple Salad	<b>17</b> Chili with Beef and Beans Grilled Cheese Sandwich Carrots & Broccoli with Dip Cake with Fruit	<b>18</b> Shrimp Steamed Rice Coleslaw Bun Cranberry Crunch Jello	<b>19</b> Goulash California Blend Vegetables Garlic Bread Apple Crisp
<b>22</b> BBQ Ribs Oven Baked Beans Carrots Biscuit Grape Salad	<b>23</b> <u>Chair Yoga - 10:30 am</u> Crispy Chicken Sandwich Lettuce and Tomatoes Tater Tots Orange Sections	<b>24</b> Egg Bake Hashbrown Potatoes Mixed Fruit Salad Scone	<b>25 No Meals Served</b> 	<b>26 No Meals Served</b> 
<b>29</b> Hot Hamburger Mashed Potatoes/Gravy Mixed Vegetables Apple Sauce	<b>30</b> <u>Chair Yoga - 10:30 am</u> Baked Ham Cheesy Hashbrowns Three Bean Salad Sliced Bread Cranberry Walnut Cake	Meals served daily at 12:00 noon at the Senior/Community Center. Also available for delivery or take out.	CALL the day before for reservations 539-9331	<u>Soup Supper</u> will be held on <u>Sunday, November 14</u> from 5:00pm to 7:00pm at the Senior Center Everyone Welcome!