

May Menu 2017 Rapid City

#76B 1 Baked Breaded Fish Baked Potato w/Sour cream 2 CS Harvard Beets 1 CS Carrifruit salad 1 CS	#4 2 Spanish Rice w/Hamb. 3 CS Seasoned Spinach Unsw Grape Juice 1 CS Mandarin Oranges 1 CS	#7-3 3 Pork Chops w/ Celery Sauce 1 CS Mashed Potatoes 1 CS Carolina Beans 2 CS Broccoli & LS V-8 Juice 1 Med Banana 2 CS	#75A 4 Baked Chicken 1/2 CS Baked Sweet Potato 1 1/2 CS Green Beans Tomato Spoon Salad 1/2 CS Pears 1 CS	#25-1A 5 Taco Salad w/ Meat & Bean 2 CS Unsalted Crackers 1 CS Peach Fruit Crisp 1 1/2 CS Vanilla Ice Cream 1 CS
#16 8 Chili 1 1/2 CS Cinnamon Rolls w/ Almonds 2 CS Baby Carrots Light Blueberry Yogart 1 CS 1 Med Orange 1 CS	#19-3 <u>HAPPY BIRTHDAY</u> 9 Beef Tips & Gravy <u>Oven Baked Brown Rice</u> 1 1/2 CS Steamed Broccoli Apricots 1 CS Cake 3 CS	#71 10 Chicken Parmesan <u>Scalloped Potatoes</u> 2 CS Corn O'Brian 1 CS LS V-8 Juice Tropical Fruit 1 CS	#23 11 Meatloaf 1/2 CS <u>Oven Brownd Potato</u> 1 CS Green Beans Jello w/ Fruit 1 CS	#14 12 Roast Pork Boiled Potatoes w/ Gravy 1 CS Cranberry Sauce 1 CS Peas & Carrots 1/2CS & Or Juice 1CS Jello w/ Topping 1 CS
#5-1A 15 Creamed Turkey 1 CS Over <u>Mashed Potatoes</u> 1 CS <u>Parslied Carrots</u> 1/2 CS <u>Coleslaw - Noncreamy</u> Mandarin Oranges 1 CS	# 3-1A 16 Swedish Meatballs 1 CS <u>Parslied Potatoes</u> 1 CS <u>Baked Squash</u> 1 CS Tomato slices on Lettuce Berry Fruit Salad 1 CS	#21-2 17 Hawaiian Chicken Salad 1 CS Potato Salad 1 1/2 CS Baby Carrots 1 Med Banana 2 CS	#5-1A 18 Hungarian Goulash 3 CS Parslied Carrots 1/2 CS Cooked Cabbage Mandarin Oranges 1 CS	#21 19 Chef Salad 1 CS LS Whole Wheat Crackers 2 CS Peaches 1 CS Cranberry Orange Bar 1 CS
#3-17 22 Sausage Gravy over Biscuit 2 CS Green Beans Baked Squash 1 CS Strawberries in Jello 1 CS	#15-A1 23 Hamburger on Wh Grain Bun 2 CS <u>Potato Salad</u> 1 1/2 CS Cooked Carrots LS V-8 Juice 1 Med Banana 2 CS	#15-3 24 Tator Tot Casserole 1 CS Seasoned Spinach Mixed Tropical Fruit 1 CS	#11 25 Mandarin Oranges Chicken 1 CS Baked Potato 1 CS Broccoli 1 Med Banana 2 CS <u>Chocolate Pudding w/Topping</u> 1CS	# 72B 26 BBQ Chicken Legs 1 CS Parslied Potatoes 1 CS California Vegetables 1 CS <u>Sunshine Salad</u> 1 CS Fresh Apples 1 CS
Closed Memorial Day	#10 30 Chicken Fried Steak 1 CS Mashed Potato w/ Milk Gravy 1 CS <u>Cooked Peas</u> 1 CS Apricots 1 CS	#14-A1 31 Applesauce Pork Baked Sweet Potato 1 1/2 CS Harvard Beets 1 CS Tossed Salad Mandarin Oranges 1 CS		

*All meals include 8 oz. 1% milk (1 CS)

Choice of 1- 2 bread / grain servings (1 – 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

**Jellos and Puddings are sugar free

**All canned fruit is in light syrup

**Fat free dressing is served with salad

Menu subject to change without notice

MEALS PROGRAM

Marked for diabetic diets

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL

Rapid City (605)-394-6002

24 HRS. IN ADVANCE

Please call by Friday at 4pm if eating Monday

Please leave your name, where you eat and what day