

## May Menu 2017 Rapid City

<b>#76B</b> 1 Baked Breaded Fish Baked Potato w/Sour cream 2 CS Harvard Beets 1 CS Carrifruit salad 1 CS	<b>#4</b> 2 Spanish Rice w/Hamb. 3 CS Seasoned Spinach Unsw Grape Juice 1 CS Mandarin Oranges 1 CS	<b>#7-3</b> 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	<b>#75A</b> 4 Baked Chicken 1/2 CS Baked Sweet Potato 1 1/2 CS Green Beans Tomato Spoon Salad 1/2 CS Pears 1 CS	<b>#25-1A</b> 5 Taco Salad w/ Meat & Bean 2 CS Unsalted Crackers 1 CS Peach Fruit Crisp 1 1/2 CS Vanilla Ice Cream 1 CS
<b>#16</b> 8 Chili 1 1/2 CS Cinnamon Rolls w/ Almonds 2 CS Baby Carrots Light Blueberry Yogart 1 CS 1 Med Orange 1 CS	<b>#19-3</b> <u>HAPPY BIRTHDAY</u> 9 Beef Tips & Gravy Oven Baked Brown Rice 1 1/2 CS Steamed Broccoli Apricots 1 CS Cake 3 CS	<b>#71</b> 10 Chicken Parmesan Scalloped Potatoes 2 CS Corn O'Brian 1 CS LS V-8 Juice Tropical Fruit 1 CS	<b>#23</b> 11 Meatloaf 1/2 CS Oven Brownd Potato 1 CS Green Beans Jello w/ Fruit 1 CS	<b>#14</b> 12 Roast Pork Boiled Potatoes w/ Gravy 1 CS Cranberry Sauce 1 CS Peas & Carrots 1/2CS & Or Juice1CS Jello w/ Topping 1 CS
<b>#5-1A</b> 15 Creamed Turkey 1 CS Over Mashed Potatoes 1 CS Parslied Carrots 1/2 CS Coleslaw - Noncreamy Mandarin Oranges 1 CS	<b>#3-1A</b> 16 Swedish Meatballs 1 CS Parslied Potatoes 1 CS Baked Squash 1 CS Tomato slices on Lettuce Berry Fruit Salad 1 CS	<b>#21-2</b> 17 Hawaiian Chicken Salad 1 CS Potato Salad 1 1/2 CS Baby Carrots 1 Med Banana 2 CS	<b>#5-1A</b> 18 Hungarian Goulash 3 CS Parslied Carrots 1/2 CS Cooked Cabbage Mandarin Oranges 1 CS	<b>#21</b> 19 Chef Salad 1 CS LS Whole Wheat Crackers 2 CS Peaches 1 CS Cranberry Orange Bar 1 CS
<b>#3-17</b> 22 Sausage Gravy over Biscuit 2 CS Green Beans Baked Squash 1 CS Strawberries in Jello 1 CS	<b>#15-A1</b> 23 Hamburger on Wh Grain Bun 2 CS Potato Salad 1 1/2 CS Cooked Carrots LS V-8 Juice 1 Med Banana 2 CS	<b>#15-3</b> 24 Tator Tot Casserole 1 CS Seasoned Spinach Mixed Tropical Fruit 1 CS	<b>#11</b> 25 Mandarin Oranges Chicken 1 CS Baked Potato 1 CS Broccoli 1 Med Banana 2 CS Chocolate Pudding w/Topping 1CS	<b>#72B</b> 26 BBQ Chicken Legs 1 CS Parslied Potatoes 1 CS California Vegetables 1 CS Sunshine Salad 1 CS Fresh Apples 1 CS
<b>Closed</b>  <b>Memorial Day</b>	<b>#10</b> 30 Chicken Fried Steak 1 CS Mashed Potato w/ Milk Gravy 1 CS Cooked Peas 1 CS Apricots 1 CS	<b>#14-A1</b> 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