

July Menu 2017 Rapid City

<u>4th of July Dinner</u> 3 Polish Suasage & Sauerkraut 2 CS <u>Mashed Potatoes</u> 1 CS Corn 1 CS Peaches 1 CS Sherbet 2 CS	4 4TH OF JULY CLOSED NO MEALS	5 #71A Chicken Parmesan <u>Oven Baked Brown Rice</u> 1 1/2 CS <u>Parslied Carrots</u> 1/2 CS Grape Juice 1 CS <u>Cooked Apples</u> 1 1/2 CS	6 #83 Homemade Tomato Soup 1 CS <u>Cheese Sandwich</u> (Cold) 2 CS <u>Spinach Salad</u> 1/2 CS 1 Med Banana 2 CS	7 #15A Hamburger on a Bun <u>Company Potatoes</u> 1 1/2 CS <u>Baked Squash</u> 1 CS Tossed Salad Pears 1 CS
10 #4 Spanish Rice w/ Hamburger 3 CS <u>Seasoned Spinach</u> Grape Juice 1 CS Mandarin Oranges 1 CS	11 #7-3 <u>HAPPY BIRTHDAY</u> Pork Chop w/ Celery Sauce <u>Mashed Potatoes</u> 1 CS <u>Carolina Beans</u> 2 CS & LS V8 Juice Broccoli & 1 med Banana 2 CS Cake 3 CS	12 #61A Baked Steak & Mushroom Gravy <u>Parslied Potatoes</u> 1 CS <u>Baked Squash</u> 1 CS Tomato Slices on Lettuce <u>Berry Fruit Salad</u> 1 CS	13 #21 Chef Salad 1 CS LS Whole Wheat Crackers 2 CS Peaches 1 CS <u>Cranberry Orange Bar</u> 1 CS	14 # 18-2 Salisbury Steak w/ Gravy 1 CS <u>Baked Potato</u> 1 CS California Blend Veggies Orange Juice 1 CS Plums 1 CS
17 #62A Low Sodium Ham <u>Parslied Potatoes</u> 1 CS Peas 1 CS 1 Med Orange 1 CS <u>Cooked Apples</u> 1 1/2 CS	18 # 19-3 Beef Tips & Gravy <u>Oven Baked Brown Rice</u> 1 1/2 CS <u>Steamed Broccoli</u> Apricots 1 CS	19 #75A Baked Chicken 1/2 CS <u>Baked Sweet Potato</u> 1 1/2 CS Green Beans <u>Tomato Spoon Salad</u> 1/2 CS Pears 1 CS & a Cookie 1 CS	20 #25-1A Taco Salad w/Meat & Bean 2 CS Unsalted Crackers 1 CS <u>Fruit Crisp</u> 1 1/2 CS Vanilla Ice Cream 1 CS	21 #76D Breaded Baked Fish <u>Potato Wedges</u> 1 CS <u>Parslied Carrots</u> 1/2 CS LS V8 Juice <u>Acini di Pepe</u> 1 CS
24 #9 Autumn Chicken 1 CS <u>Baked Sweet Potato</u> 1 1/2 CS Harvard Beets 1 CS Tossed Salad Mandarin Oranges 1 CS	25 #23 Meatloaf 1/2 CS Oven Brownd Potatoes 1 CS Green Beans Carrot Slices Jello w/ Fruit 1 CS	26 #20-1A Spaghetti & Meat Sauce 2 CS Steamed Broccoli Apricots 1 CS	27 #25 Sierra Chicken Casserole 2 CS <u>Cooked Spinach</u> Baby Carrots Fresh Strawberries 1/2 CS	28 #47 Pork Loin Roast <u>Parslied Potatoes</u> 1 CS Broccoli <u>Patio Salad</u> 1 CS <u>Crunchy Cranberry Salad</u> 1 CS
31 #63B Scrambled Eggs <u>Creamed Potatoes</u> 1 CS <u>Glazed Carrots</u> 1/2 CS Strawberries 1 CS Vanilla Ice Cream 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

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

MEALS PROGRAM

Marked for diabetic diets