

## July Menu 2017 Rapid City

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

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

\*\*\*Menu subject to change without notice\*\*\*

FOR RESERVATIONS OR CANCELLATION

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

PLEASE CALL

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

Rapid City (605)-394-6002

\*\*Jellos and Puddings are sugar free

24 HRS. IN ADVANCE

\*\*All canned fruit is in light syrup

Please call by Friday at 4pm if eating Monday

\*\*Fat free dressing is served with salad

Marked for diabetic diets

Please leave your name, where you eat and what day

# MEALS PROGRAM