













November Menu 2019

Site: Rapid City

				<p>Friday 1</p> <p>Sausage Gravy w/ Biscuit 2CS Green Beans Carrots 1/2 CS Jello w/Fruit 1CS</p> 
<p>Monday 4</p> <p>Salisbury Steak w/ Gravy 1CS Baked Potato 1CS California Blend Vegetables Oranges Juice 1CS Raisins 1CS Bread 1CS</p> 	<p>Tuesday 5</p> <p>Creamed Turkey 1CS Over Mashed Potatoes 1CS Parslied Carrots 1/2CS Coleslaw Mandarin Oranges 1CS Bread 1CS</p>	<p>Wednesday 6</p> <p>Cabbage Beef Soup 1 1/2CS Chicken Salad Sandwich 2CS Cooked Apples 1 1/2CS Grape Juice 2CS</p> 	<p>Thursday 7</p> <p>Chicken Pot Pie topped w/Biscuit 2CS Broccoli Peaches 1CS Cookie 1CS</p>	<p>Friday 8</p> <p>Fish Sandwich 2CS Potato Wedges 1CS Green Beans LS V-8 Juice 1CS Acini di Pepe Salad 1CS Fresh Fruit 1CS</p>
<p>Monday 11 <u>CLOSED</u></p> <p>THANK YOU VETERANS</p> 	<p>Tuesday 12 HAPPY BIRTHDAY</p> <p>Chicken Fried Steak Mashed Potatoes w/ Milk Gravy 1CS Peas 1CS Apricots 1CS Bread 1CS Cake 2CS</p> 	<p>Wednesday 13</p> <p>Ham & Bean Soup w/Cheese 2CS Baby Carrots 1/2CS Mandarin Oranges 1CS Banana 2CS Cornbread 2CS</p>	<p>Thursday 14</p> <p>Tater Tot Casserole 1CS Spinach Salad Tropical Fruit 1CS LS Tomato Juice 1CS Bread 1CS</p> 	<p>Friday 15</p> <p><u>Reservations for Thanksgiving Due</u></p> <p>BBQ Chicken 1CS Baked Potato w Sour Cream 2CS Glazed Carrots 1/2 CS Med Orange 1CS Bread 1CS</p>
<p>Monday 18</p> <p>Breaded Popcorn Shrimp Herbed Diced Potatoes 1CS Broccoli Peaches 1CS Bread 1CS</p> 	<p>Tuesday 19</p> <p>Hamburger on a Bun 1CS Potato Salad 1 1/2CS Baked Beans 2CS Tomato Slices on Leaf Lettuce Banana 2CS</p>	<p>Wednesday 20</p> <p>Oven Omelet w/Ham & Cheese 1CS Pasta Veggie Salad 1 1/2CS LS Tomato Juice 1CS Pears 1CS Bread 1CS</p> 	<p>Thursday 21</p> <p>Meatloaf 1/2CS Parslied Potatoes 1CS Peas & Carrots 1CS Jello w/Topping 1CS Cooked Apples 1 1/2CS Bread 1CS</p>	<p>Friday 22 THANKSGIVING MEAL</p> <p>Roast Turkey w/ Dressing 1CS Mashed Potatoes w/Gravy 1CS Cranberry Sauce 1CS Green Beans Dinner Roll 1CS Pumpkin Pie 2CS</p> 
<p>Monday 25 Chef's Choice</p> 	<p>Tuesday 26</p> <p>Mexican Chicken Soup w/Cheese 1CS Unsalted Crackers 1CS Tossed Salad Orange Juice 1CS Tropical Fruit 1CS</p>	<p>Wednesday 27</p> <p>Chicken Parmesan Scalloped Potatoes 2CS Corn O'Brien 1CS Tomato Spoon Salad 1CS Applesauce 1 1/2CS Bread 1CS</p>	<p>Thursday 28 <u>CLOSED</u> Friday 29</p> <p>HAPPY Thanksgiving</p> 	

*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)

marked for diabetic diets

**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

THE MEALS PROGRAM OFFICE AT 394-6002

OR THE MAIN KITCHEN AT 343-8214

24 HRS. IN ADVANCE

Please leave your name, where you eat and what day