

# SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
ROCS DINING SERVICES- WHITE LAKE CALL 605-249-2367 TO RESERVE A MEAL		Roast Pork Mashed Potatoes W/Gravy Corn O'Brian Crunchy Cranberry Salad	Turkey Ala King Over Biscuit Mixed Veg Peaches	Sub Sandwich 3 Bean Salad Orange
6	7	8	9	10
CLOSED LABOR DAY	Chicken Fajita Tomato Lettuce Garnish Cilantro Rice Cooked Cabbage W/Red Pepper Grapes	Swiss Steak W/Mushroom Sauce Whipped Potatoes Seasoned Green Beans Watermelon Dinner Roll	Sloppy Joe On WW Bun Potato Wedges Tossed Salad Cantaloupe Cranberry Orange Bar	Breaded Baked Fish Parsley Potatoes Glazed Carrots & Peas Pudding W/Fruit
13	14	Happy Birthday15	16	17
Spaghetti W/Meat Sauce Tossed Salad Pudding W/Fruit	Pork Chop W/Celery Sauce Mashed Potatoes Green Bean Casserole Tropical Fruit	Baked Ham Scalloped Potatoes California Veg Cooked Apples Cake & Ice Cream	Hamburger On Bun Hash Browns Baked Beans Pears	Grilled Chicken Or Panini Spinach Salad Banana Angel Food Cake W/Topping
20	21	22	23	24
Lasagna French Bread Tossed Salad Plums	Chicken Parmesan Baked Potato Corn O'Brian Tropical Fruit	Hot Beef Sandwich Mashed Potatoes W/Gravy Green Beans & Carrots Peaches	Baked Chicken Fried Steak Mashed Potatoes W/Gravy Peas Apricots	Beef Noodle Stroganoff Parslied Carrots Coleslaw Mandarin Oranges
27	28	29	30	
Meatloaf Baked Potato Creamed Peas Pineapple Tidbits	Navy Bean Soup W/Shredded Cheese Carrots Banana Saltines	Turkey Pot Pie Broccoli Tossed Salad Apricot Pineapple Compote	Bratwurst on Bun W/Sauerkraut, Mustard & Onion Scalloped Potatoes Peas & Carrots Peaches	

NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.