

# Wessington Springs ROCS Dining

## SEPTEMBER 2021

## 539-9331 Meals served daily 11:30 am

Monday	Tuesday	Wednesday	Thursday	Friday
	Call 539-9331 the day before to reserve your meal. Meals served at the center at 11:30 or available to-go or delivery.	<b>1</b> <u>Rolls and Coffee</u> Chicken Filet Cheesy Hashbrowns Mixed Vegetables Wheat Bun Chocolate Pudding w/Fruit	<b>2</b> Fish Sandwich w/Cheese Raw Vegetables w/ Ranch Dressing Pasta Salad Watermelon	<b>3</b> Hamburger Goulash Green Beans Whole Wheat Bun Apple Crisp with Ice Cream
<b>6</b> No meals served 	<b>7</b> <u>Chair Yoga - 10:30 am</u> Beef Tips over Noodles Buttered Corn Carrot Sticks Wheat Bun Spiced Apple Rings	<b>8</b> <u>Rolls and Coffee</u> Turkey Wrap Broccoli Salad Potato Chips Cantaloupe	<b>9</b> Taco Salad with Meat, Cheese, Lettuce, Tomatoes Bread Stick Pineapple Chunks	<b>10</b> Chicken Strips Potato Salad Baked Beans Sliced Bread Cheesecake with Cherries
<b>13</b> Senior Center Meeting Chicken Fried Steak Mashed Potatoes/Gravy California Blend Wheat Bun Sliced Peaches	<b>14</b> <u>Chair Yoga - 10:30 am</u> Shrimp Uncle Ben's Rice Coleslaw Garlic Bread Red Jello with Fruit	<b>15</b> <u>Rolls and Coffee</u> Ring Bologna Macaroni and Cheese Sliced Tomatoes Wheat Bun Pineapple Pistachio Salad	<b>16</b> Baked Pork Chop Stuffing Three Bean Salad Corn Muffin Sliced Pears	<b>17</b> Hot Hamburger Mashed Potatoes/Gravy Carrots Watermelon
<b>20</b> BBQ Ribs Oven Baked Potatoes Cooked Carrots and Peas Biscuit and Honey Applesauce	<b>21</b> <u>Chair Yoga - 10:30 am</u> Baked Salmon Potato Wedges Broccoli Salad Garlic Bread Vanilla Pudding with Fruit	<b>22</b> <u>Rolls and Coffee</u> Beef Tips over Noodles Green Beans Wheat Bun Cranberry Crunch	<b>23</b> <u>Birthday Dinner \$5.00</u> Baked Ham Sweet Potatoes Broccoli Fruit Salad Wheat bun Cake & Ice Cream	<b>24</b> <u>Homecoming Lunch</u> <i>Open to the public at the Senior Center</i> BBQ Sandwich with Pickles Potato Salad Carrots Fresh Baked Fruit Pie
<b>27</b> Turkey Breast with Stuffing and Gravy Corn Cranberries Wheat Bun Orange Segments	<b>28</b> <u>Chair Yoga - 10:30 am</u> Salisbury Steak Mashed Potatoes/Gravy Green Peas Wheat Bun Grape Salad	<b>29</b> <u>Rolls and Coffee</u> BBQ Chicken Baked Squash California Vegetables Scone Pineapple	<b>30</b> Rib Sandwich w/Onion and Pickle Pasta Salad Raw Vegetables Banana	<i>The "Homecoming Lunch" on September 24 is sponsored by the WS Senior Center. "Delivered Lunch" cost is a donation to the senior center. PARADE at 2:00 pm</i>

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