

SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
ROCS DINING SERVICES SPRINGFIELD CALL 605-369-2361 TO RESERVE A MEAL		Salmon Patty Herbed Diced Potatoes Broccoli Corn Bake Carrifruit Salad Orange	COOKS CHOICE Fried Chicken	Steak & Tator Stew Crackers Apple Crisp W/Topping
6	7	8	9	10
CLOSED LABOR DAY	Roast Pork Scalloped Potatoes Cali Blend Veg Cooked Apples Cake & Ice Cream	Homemade Pizza Tossed Salad Peaches	Chicken Breast Pea Salad Baked Squash Orange	Sausage Gravy Over Biscuit Green Beans Jello W/Strawberries Orange Juice
13	14	15	16	17
Pork Cutlet Potato Dumpling W/Sauerkraut Spinach Salad Seasonal Fresh Fruit	Taco Casserole Green Beans Tossed Salad Applesauce	COOKS CHIOCE Ruben Sandwich	BBQ Chicken Baked Potato Peas Pears	Breaded Baked Fish Company Potatoes Carrots Orange
20	21	22	23	24
Roast Turkey Mashed Potatoes W/Gravy Broccoli Pears Cranberry Sauce	Liver & Onions Company Potatoes Parslied Carrots Fruit Cocktail	Pork Chop W/Celery Sauce Baked Brown Rice Broccoli Cooked Apples	Swiss Steak W/Onions & Tomatoes Mashed Potatoes Peas Fruit Cocktail	Lasagna Mixed Veg Berry Fruit Salad
27	28	29	30	
Pork Loin Roast Parslied Potatoes Carrots Crunchy Cranberry Salad	Sloppy Joe On WW Bun Potato Salad California Blend Veg Cantaloupe Cranberry Orange Bar	Baked Chicken Fried Steak Mashed Potato W/Gravy Peas Apricots	Chicken & Dressing Green Beans Carrots Jello W/Fruit	

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.