

October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<i>Baked Potato Bar, Veggie, roll & dessert</i>	<i>Oven Baked beef stew with dumplings & fruit</i>	<i>Tuna & Noodles Casserole, dinner roll & dessert</i>	<i>Homemade pizza, fruit & breadstick</i>	<i>Chicken ala king over fresh biscuits, veggies & roll</i>
9	10	11	12	13
<i>BLT Sandwich with salads or soup dependant upon weather</i>	<i>Pork Loin, cabbage, dinner roll & dessert</i>	<i>Oven Baked Chicken, mashed potato & gravy, veggie & roll</i>	<i>Goulash, veggie, dinner roll & dessert</i>	<i>Grilled Brats, sauerkraut, potato wedges, & fruit</i>
16	17	18	19	20 <i>Hunter Breakfast 21 & 22</i>
<i>Chicken Quesadillas, macaroni salad, & fruit</i>	<i>Shrimp, baked potato, veggie & dessert</i>	<i>Birthday Dinner</i>	<i>Chicken Fried Steak Dinner, mashed potato, veggie & fruit</i>	<i>Sloppy Joe's, chips, baked beans & bar</i>
23	24	25	26	27
<i>Chicken Enchiladas, chips & salsa</i>	<i>Meatloaf Dinner with Cheesey Hashbrown casserole, veggie & roll</i>	<i>Ham Steak, baked sweet potato, veggie & dinner roll</i>	<i>Lasagna, salad, breadstick</i>	<i>Cook's choice</i>
30	31			
<i>Chef Salad with turkey & ham, egg, tomato, onion, fruit & muffin</i>	<i>Hot Turkey Sandwich, mashed potato, gravy, veggie & roll</i>			

DAKOTA SENIOR MEALS PHONE NUMBER 778-9201. NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 2% MILK UNLESS OTHERWISE NOTED.

