

## Wessington Springs ROCS Senior Meals -- August, 2019 -- phone 539-9331 -- Serve daily at 11:30

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Line Dancing Mondays and Thursdays at 9 am Everyone Welcome</b></p> <p><i>Board Meeting -- Aug 12 Sr. Center Meeting -- Aug 13</i></p>	<p><i>Milk, Coffee, and Water available at all meals</i></p>	<p><b>Rolls and Coffee every Wednesday morning beginning at 8 am, "everyone welcome"</b></p> <p><i>Proceeds to ROCS meal program match</i></p>	<p><b>1</b> Beef Stew w/2 oz. beef, 2 oz. Potato, Carrots, Beans, Corn, Celery 1 Biscuit ½ c Sliced Ranch Cucumbers ½ c Applesauce</p>	<p><b>2</b> 3 oz. Cod Filet 1/2 Baked Potato with 2 T Cheese Sauce ½ c Buttered Lima Beans 1 Wheat Bun 1 c red Jell-O w/Mixed Fruit</p>
<p><b>5</b> Taco Salad w/ 2 oz. each Meat, Cheese, Beans, 1 c Lettuce, 2 T Tomatoes, 1/2 c Tortilla Chips, Garlic Bread 1/2 c Ice Cream w/ Fruit</p>	<p><b>6</b> 3 oz. Mr. Rib Sandwich with 1/2 Hoagie Bun ½ c Baked Beans ½ c Cabbage/Carrot Salad ½ c Pears</p>	<p><b>7</b> 4 oz. Fried Chicken ½ c Mashed Potatoes 2 T Gravy ½ c Sliced Tomatoes 1 Wheat Bun ½ c Pineapple Tidbits</p>	<p><b>8</b> 3 oz. Shrimp ½ c Scalloped Corn ½ c Broccoli/Cauliflower Salad 1 Slice French Bread 16 Grapes</p>	<p><b>9</b> 1 and ¼ c Chicken Stuffing Casserole ½ c Green Beans 1 Wheat Bun ¾ c Hawaiian Cheesecake Fruit Salad</p>
<p><b>12</b> Chef Salad with 1 c Mixed Greens, 1 Sliced Egg, 2 oz. Turkey and Ham, 2 T Tomato, Broccoli, Green Pepper, Shredded Cheese 2 T Dressing 1 Bread Stick ½ c Orange Juice</p>	<p><b>13</b> <i>Birthday Dinner \$5.00</i> 3 oz. Hot Hamburger ½ c Mashed Potatoes 1 Slice Bread 2 T Gravy ½ c Green Peas ½ c Strawberries <i>Birthday Cake &amp; Ice Cream</i></p>	<p><b>14</b> 4 oz. Fried Chicken ½ c Potato Salad ½ c Cheesy Green Beans 1 Wheat Bun ½ c Peaches</p>	<p><b>15</b> 4 oz. Baked Ham with Pineapple ½ c Sweet Potato ½ c Corn 1 Wheat Bun 1/2 c. Cranberry Crunch Salad</p>	<p><b>16</b> 3 oz. Chicken Fried Steak ½ c Mashed Potatoes with ¼ c White Gravy ½ c Cal. Blend Veggies 1 Whole Grain Bread ½ c Cantaloupe</p>
<p><b>19</b> 3 oz. Beef Tips over ½ c Mashed Potatoes ½ c Fresh Green Beans 1 Slice "Colony" Bread 1/2 Banana</p>	<p><b>20</b> Macaroni and Cheese 2 oz. Ring Bologna 1 c Leafy Green Salad 1 T Dressing, ½ c Mix Veggies 1 Slice Zucchini Bread ½ c Mixed Fruit</p>	<p><b>21</b> 4 oz. Fried Chicken ½ c Scalloped Potatoes ½ c Harvard Beets 1 Wheat Bun ½ c Pears</p>	<p><b>22</b> 3 oz. Hot Beef Combo w/ ½ c Mashed Potatoes 1 Slice Bread ¼ c Gravy 6 Cooked Baby Carrots 1 c Green Jell-O with Pineapple</p>	<p><b>23</b> 3 oz. Oven Baked Chicken ½ c Rice Pilaf ½ c Peas and Carrots 1 Wheat Bun ½ c Apple Crisp and Soft Ice Cream</p>
<p><b>26</b> Three Bean Casserole w/ 2 oz. Beef, 3 oz. Beans 3-inch Square Cornbread ½ c Sliced Cucumbers and Onions in Vinegar ½ c Mixed Fruit</p>	<p><b>27</b> 4 oz. BBQ Ribs ½ c Oven Potatoes with Green and Red Peppers and Onion ½ c Green Beans 1 Slice Wheat Bread ½ c Mandarin Oranges</p>	<p><b>28</b> 4 oz. Fried Chicken ½ c Cheesy Hash Brown Casserole ½ c Corn ½ c Tomato Wedges Bun ½ c Apple Rings</p>	<p><b>29</b> ½ c Spaghetti w/ ¾ c Meat Sauce 1 c Leafy Green Salad w/ Veggies 1 T Salad Dressing 1 Slice Garlic Bread ½ c Peach Cobbler with Soft Ice Cream</p>	<p><b>30</b> 4 oz. Stuffed Pork Loin 2 T Pork Gravy ½ c Baked Squash ½ c Cabbage/Carrot Salad 1 Wheat Bun or Bread 6 Watermelon Balls</p>