


Wessington Springs ROCS Dining Services

October, 2019

539-9331

Meals served daily 11:30 am

Monday	Tuesday	Wednesday	Thursday	Friday
				
7 Pig in a Blanket with 1/2 c. cabbage, 2T. rice, 2 oz. ground beef, 1/4 c. tomato sauce 1 wh bun 1/2 c. Scalloped Corn 1/2 c. Apple Rings	8 Chicken Pot Pie with 2 oz. chicken, 1/2 c. mixed veggies, 2 T. gravy over 1 Biscuit 1 c. Leafy Gr. Salad w/carrots 1/2 c. Cranberry Crunch	9 Rolls and Coffee 4 oz BBQ or Garlic Chicken Wings and Drumsticks 1/2 c. Broccoli/Caul. Salad 2 potato wedges 1 wh bun 1/2 c. pears	10 3 oz Hot Hamburger with 1/2 c. mashed potatoes 1/3 c. gravy 1/2 c. California Vegetables 1/2 c. pineapple tidbits	11 Birthday Dinner \$5 4 oz Baked Ham 1/2 c. sweet potatoes 1/2 c. green beans 1 wheat bun Cake & Ice Cream w/fruit
14 Columbus Day Native American Day Holiday No Meals Served	15 3 oz Beef Tips over 1/2 cup noodles 1/2 c. mixed vegetables 1 wheat bun 1/2 c. applesauce	16 Rolls and Coffee 4 oz Chicken 1/2 c. mashed potatoes with 2 T. gravy 1/2 c. corn 1 wheat bun 1/2 c. green Jello w/ pears	17 Taco Salad w/ 2oz. each meat, cheese, beans, 1 c. lettuce, 2 T. tomato, 1/2 c. tortilla chips, 1 bread stick Cheesecake w/ 1/4 c cherries	18 3 oz Hot Beef with 1/2 c. mashed potatoes 1/3 c. gravy, 1 slice bread 1/2 c. steamed broccoli 1/2 c. peaches
21 3 oz Chicken Fried Steak 1/2 c. Mashed Potatoes 2 T. white gravy 1/2 c. green beans 1 wheat bun 1/2 c. mixed fruit salad	22 3 oz. Shrimp 2 oven baked potato wedges 1 c. leafy green salad w/ veggies and 1 T. dressing 1 slice garlic bread 1/2 c. Apple Rings	23 Rolls and Coffee 4 oz. Chicken 1 small baked potato w/ 1 T. sour cream and butter 1/2 c. sliced beets 1 Wheat bun 1/2 orange, sliced	24 3 oz. Mr. Ribb Sandwich w/1 whole wheat bun 1/2 c. Baked Beans 1/2 c. coleslaw 1/2 c. chocolate pudding/strawberries	25 4 oz. Baked Chicken 1/2 c cheesy hash browns 1/4 c cranberry sauce 1/2 c. raw carrots and broccoli with dip 1 wheat bun 1 slice pumpkin pie
28 Beef Stew w/2 oz. beef, 2 T. each carrot, corn, peas, over 1 biscuit 1/2 c. Sliced tomato and cucumbers 1/2 c pears	29 3 oz. Baked Salmon 1 sm. baked potato with 1 T. butter and sour cream 1/2 c. buttered peas 1 wheat bun 1/2 c. red Jello w/pineapple	30 Rolls and Coffee 4 oz. Chicken 1/2 c mashed potatoes/2 T. gravy 1/2 c. mixed veggies 1 wheat bun 1/2 c. peaches	31 3 oz. BBQ Ribs 1/2 c. oven baked potato w/ peppers and onions 1/2 c. carrots 1 bread stick 1 c. hot spiced apple cider HAPPY HALLOWEEN	4 3 oz Chicken and bread stuffing casserole 1/2 c. cooked carrots 1 wheat bun 1/2 c. vanilla pudding with blueberries

Milk, coffee, water available at all meals. PLEASE call 539 9331 before 9 am each day to reserve a meal to eat at the center, pick-up, or to be delivered by the bus