



MAY 2010 MEALS MENU

SITE: RAPID CITY



<p>3</p> <p>Creamed Turkey w/ Biscuit 3CS Oriental Blend Vegetables Tomato Slices w/ Lettuce Fruit Cocktail 1CS</p>	<p>4</p> <p>Ginger Pork Chop Baked Potato 1CS Seasoned Spinach Seasonal Fruit 1-2CS</p>	<p>5</p> <p>Hot Beef on Bread 1CS Mashed Potatoes w/ Gravy 1CS Green Beans Peaches 1CS Ice Cream 1CS</p>	<p>6</p> <p>Hawaiian Chicken Salad 1CS Dinner Roll 2CS Tomato Slices Apple Crisp 1 ½ CS</p>	<p>7</p> <p>Lasagna Rotini Casserole 3CS Peas 1CS Lemon Perfection Salad ½ CS Pears 1CS</p>
<p>10</p> <p>Taco Casserole 2CS Carrots Tossed Salad Seasonal Fruit 1-2CS</p>	<p><u>HAPPY BIRTHDAY</u> 11</p> <p>Meatloaf 1/2CS Boiled Potatoes 1CS Broccoli Apricots in Pudding 1CS Cake 2CS & Ice Cream 1CS</p>	<p>12</p> <p>Roast Pork Company Potatoes 1 ½CS Cooked Cabbage Plums 1CS</p>	<p>13</p> <p>Tator Tot Casserole 2CS Seasonal Fruit Dinner Roll 2CS</p>	<p>14</p> <p>Chicken & Dressing 2CS Baked Squash 1CS Harvard Beets 1CS Jello w/ Fruit Cocktail 1CS</p>
<p>17</p> <p>Ham Baked Sweet Potato 2CS Green Beans w/ Onions Apricots 1CS Sherbet 2CS</p>	<p>18</p> <p>Hamburger w/ Bun 2CS Potato Salad 1 ½ CS Tomato Slices, Lettuce Cooked Apples 1 ½ CS</p>	<p>19</p> <p>Beef & Noodles 1 ½ CS Seasoned Spinach Crunchy Cranberry Salad 1 ½ CS Seasonal Fruit 1-2CS</p>	<p>20</p> <p>Citrus Chicken Baked Potato 1CS Peas 1CS Acini Di Pepe over Pineapple 1CS</p>	<p>21</p> <p>Roast Beef Mashed Potatoes w/ Gravy 1CS Lima Beans 1CS Seasonal Fruit 1-2CS</p>
<p>24</p> <p>Swiss Steak w Tomatoes & Onion Baked Potato 1CS Oriental Vegetables Seasonal Fruit 1-2CS</p>	<p>25</p> <p>Chicken Alfredo 2CS Harvard Beets 1CS Cranberry Sauce 1CS Apple Juice 1CS Fruit Cocktail 1CS</p>	<p>26</p> <p>Club Sandwich 2CS Pea Salad 1CS V-8 juice Fruit 1CS</p>	<p>27</p> <p>Goulash 3CS Cabbage Seasonal Fruit 1-2CS French Bread 2CS</p>	<p>28</p> <p>Baked Fish Baked Sweet Potato 2CS Peas 1CS Fruit Crisp 1 ½ CS</p>
<p>31</p> <p>NO MEALS MEMORIAL DAY</p>				

*All meals include 8 oz 1% milk (1 CS)
Choice of 1-2 bread/grain serving (1-2 CS)
Carb Servings = (CS) (1= 15 grams Carbohydrate)
marked for diabetic diets

**All canned fruit is in light syrup

***Fat free dressing is served with salad

****MENU SUBJECT TO CHANGE WITHOUT NOTICE****

FOR RESERVATIONS OR CANCELLATIONS

PLEASE CALL

THE MEALS PROGRAM OFFICE AT 394-6002

OR THE MAIN KITCHEN AT 343-8214

24 HRS IN ADVANCE

Please leave your name , where you eat , and what day