

SENIOR MEALS PROGRAM

August, 2024 -- 605-472-0155

Call by 9 a.m. to order/cancel
728 S. Main Street

Area IV Meals

Milk included with all Meals
Meals subject to Change

Redfield

Site Manager: Cyndi Bachman
Head Cook: Jodi Jenson
Assistant Cook: Jane Gruenwald

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals approved by: Registered Dietitian LIKE AND FOLLOW US ON FACEBOOK			1 Chicken Tetrazine Green Beans Honey fruit salad Whole wheat bread Rice Krispy Bar	2 Taco Salad Mexican rice w/beans Breadstick Cherry fluff
5 Ranch chicken breast Scalloped potatoes Oriental blend vegetables Frosted brownie Fruit Whole wheat bread	6 Roast beef Mashed potatoes/gravy Corn Mandarin Orange salad Whole wheat bread	7 Turkey sub sandwich Lettuce/Tomato Macaroni Salad w/peas Tomato Juice Tropical fruit	8 Chicken pasta salad with fresh vegetables Grape juice Cake w/strawberries Dinner roll	9 Lasagna Bake Tossed salad w/dressing Melon Cookie Garlic bread
12 Chicken Cordon bleu Mashed potatoes Cauliflower/broccoli Pears Whole wheat bread Carrot bar	13 Hot Pork Sandwich Cucumber salad Baked beans Sherbet Fruit	14 Meatloaf Baked potato/sour cream Creamed peas Fruited jello Whole wheat bread	15 Beef stew Buttermilk biscuit Apple cobbler Ice cream	16 Chicken strips Tri-tators Carrots Fruit Whole wheat bread
19 Beef Stroganoff w/noodles Green beans Vanilla pudding Mandarin oranges Whole wheat bread	20 Chicken breast Au gratin potatoes 3-bean salad Pineapple/strawberry Ambrosia Dinner roll	21 Hamburger Cabbage roll hotdish Mixed Vegetables Muffin Pears	22 Chicken Fried Steak Mashed potatoes/gravy Oriental blend Vegetables Baked apples Whole wheat bread	23 BBQ Riblet Scalloped potatoes Tomato spoon salad Watermelon Cookie Whole wheat bread
26 Chicken Alfredo Broccoli Peaches Whole wheat bread	27 Spaghetti w/meat sauce Corn Apple crisp Breadstick	28 Turkey Combo Mased potatoes 7-layer salad Fruit	29 Cod loin Parsley buttered potatoes Creamy Coleslaw Tapioca pudding Mandarin Oranges Whole wheat bread	30 Ham Salad on bun Cauliflower/pea salad Fresh fruit Cookie

