

## SENIOR MEALS PROGRAM

**October, 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
	1 Goulash Green beans Pineapple/Oranges Breadstick	2 Knifla Soup Tomato Juice Chicken Salad on bun Cinnamon Applesauce Brownie	3 Brat Macaroni and cheese Normandy Blend Fruit Whole wheat bread	4 Breaded codfish Parsley potatoes Mixed Vegetables Florified Rice Whole wheat bread
7 Spanish rice Green beans Vanilla pudding w/oranges Whole wheat bread	8 Bean and Ham Soup Egg salad sandwich Tomato spoon salad Fruit	9 Meatballs Mashed potato w/gravy California blend Fruit cocktail cake Whole wheat bread	10 Ham Rotini bake Capri blend Honey fruit salad Whole wheat bread	11 Beef stew Baked Apple Ice cream Buttermilk biscuit
14 <b>CLOSED FOR COLUMBUS DAY / INDIGENOUS PEOPLE DAY</b>	15 Hamburger Cabbage hotdish Corn Pears Muffin	16 Beef Stir fry Rice Broccoli Five cup salad Whole wheat bread	17 Baked pork chop Sweet potato Capri blend Chocolate pudding w/banana Whole wheat bread	18 Scalloped potatoes w/ham Peas Mandarin Orange Salad Whole wheat bread
21 Beef Noodle Stroganoff Green beans Fruit cocktail Cookie Whole wheat bread	22 Creamed chicken Peas and carrots Strawberry Ambrosia Buttermilk Biscuit	23 New England Ham Dinner Peaches Long Johns	24 Chicken Fried Steak Mashed potato w/gravy Monaco Blend Apple cobbler Whole wheat bread	25 Chicken salad on bun Potato soup Cucumber salad Fruit
28 Cod loin Mashed potatoes Green beans Pineapple Whole wheat bread	29 Spaghetti w/meat sauce Corn Garlic bread Fruit	30 Salisbury Steak Mashed potato w/gravy Peas Pears Whole wheat bread	31 Chili Cornbread Coleslaw Fruit Pumpkin dessert	<b>Meals approved by: Registered Dietitian</b> <a href="#">LIKE AND FOLLOW US ON FACEBOOK</a>