



April 2010

**Siouxland Aging Services
Congregate Meal Program Menu**

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1 Beef Stroganoff Or Hamburger Steak Noodles Seasoned Tomatoes Lettuce Salad w/ dressing Apricots	2 Baked Fish Or Baked Ham Sweet Potatoes Green Beans Banana Split Dessert Orange Juice	3
4	5 Swiss Steak Or Baked Fish Baked Potato w/ sr. cr. Green Beans Peanut Butter Krispy Bar	6 Baked Chicken Or Hamburger Steak Parsley Potatoes Beets Strawberries & Bananas	7 COOK'S CHOICE	8 Tavern / bun Pork Fritter/ bun Parsley Butter Potatoes Three Bean Salad Citrus Sections Oatmeal Cookie	9 Hot Beef Sandwich Or Bnless Chicken Brst. Mashed Potatoes/ gravy Broccoli Trail Mix	10
11	12 Meatloaf Or Baked Chicken Brst. Baked Potato w/ Sr. Cr. Broccoli Banana	13 Baked Pork Chop Or Hamburger Steak Mashed Potatoes & Gravy Squash Hot Apple Slices Cookie	14 Parmesan Chicken Brst. Or Pork cutlet Rice Pilaf Green Beans Marinated Veg. Salad Apricots	15 Salisbury Steak in Gravy Or Baked Fish Parsley Potatoes Peas Citrus Sections	16 Goulash Or Chicken Patty/ Bun Lettuce Salad w/ dressing Mixed Vegetables Tea Roll Banana Bar	17
18	19 Cook's Choice	20 Hearty Vegetable Soup Asst. meat Sandwich Coleslaw Rosy Applesauce Frosted Cinnamon Roll	21 Liver and Onions Or Hamburger Steak Baked Potato w/ sr. cr. Corn Apricots	22 Roast Beef Or Baked Chicken Brst. Mashed Potatoes/ Gravy Lettuce Salad w/ dressing Mandarin Oranges	23 Swedish Meatballs Noodles Or Baked Fish Carrots Lettuce Salad w/ dressing Fruit Cocktail	24
25	26 BBQ Rib / Bun Or Chicken Patty / Bun Tri Tator Tomato Spoon Salad Peaches	27 Turkey Tetrazinni Or Pork Fritter Mixed Vegetables Lettuce Salad/dress. Sour Cream Raisin Bar Orange Juice	28 Special Event Menu	29 Chicken Cheese Melt Or Hamburger/ Bun Tater Tots Carrots Fruit Cocktail	30 Spaghetti w/ Meat Sauce Or Fish/ bun Lettuce Salad w/ dress. Fresh Orange Fruit Crisp	

Wheat Bread, Margarine, and a choice of Skim, 1%, or 2% Milk is served everyday.

Contributions accepted from persons age 60 or over and their spouse of any age. Cost for persons under 60 is \$ 5.50 - \$5.75

The suggested contribuion range is \$2.75 - \$5.50 for Congregate meals and \$3.25 - \$5.75 range for Home Delivered Meals.

We Appreciate Your Contribution for Our Meals ! What You Give Is A Personal Decision.