

JUNE 2010

Menu Subject to Change

Siouxland Aging Services Congregate Meal Program Menu

| Sun. | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|------|---|--|---|--|--|------|
| | | 1 Meatloaf Or Bnless Chicken Brst Baked Potato w/ sr. cr. Broccoli Pears Rice Krispy Bar | 2 BBQ Chicken / Bun Or Hamburger/Bun Potato Salad Green Beans Fruit Crisp | 3 Roast Pork w/ dressing or Chicken Fried Steak Mashed Potatoes/ Gravy Peas Fresh Fruit Cup | 4 Chicken Rice Casserole Or Fish/ Bun Lettuce Salad w/ dressing Peaches Pudding | 5 |
| 6 | 7 Chicken Fried Steak Or Chicken Patty Mashed Potatoes/ gravy Spinach Fruit Cocktail | 8 Pork Chop Or Hamburger Steak Mashed Potatoes/ Gravy Corn Applesauce | 9 Roast Turkey Mashed Potatoes/ gravy Broccoli Fresh Orange Oatmeal Cookie | 10 Baked Chicken Breast Or Hamburger Steak Sweet Potatoes Peas Peach Crisp | 11 Beef Stroganoff Or Hamburger Steak Noodles Seasoned Tomatoes Lettuce Salad w/ dressing Apricots | 12 |
| 13 | 14 Tavern / bun Pork Fritter/ bun Parsley Butter Potatoes Three Bean Salad Citrus Sections Oatmeal Cookie | 15 Swiss Steak Or Baked Fish Baked Potato/sr. cream Green Beans Peanut Butter Krispy Bar | 16 Baked Chicken Parsley Potatoes Gravy Beets Pudding | 17 Cook's Choice | 18 Hot Beef Sandwich Or Bnless Chicken Brst. Mashed Potatoes/ gravy Broccoli Trail Mix | 19 |
| 20 | 21 Parmesan Chicken Brst. Or Pork Cutlet Rice Green Beans Marinated Veg. Salad Apricots | 22 Salisbury Steak Or Baked Fish Parsley Potato Peas Citrus Sections | 23 Meatloaf Or Baked Chicken Brst. Baked Potato/ sr. cream California Mix Veg. Strawberries & Bananas | 24 Turkey Cold Plate Or Hamburger Steak Pasta Vegetable Salad Tomato slices & Lettuce Fresh Fruit Cup Banana Bar | 25 SPECIAL EVENT MENU | 26 |
| 27 | 28 Swedish Meatballs Noodles Or Baked Fish Carrots Lettuce Salad w/ dressing Fruit Cocktail | 29 Liver and Onions Or Hamburger Steak Baked Potato w/ sr. cr. Corn Apricots | 30 Roast Beef Or Baked Chicken Brst. Mashed Potatoes/ Gravy Lettuce Salad w/ dressing Mandarin Oranges | | | |

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.