



March 2010

Menu Subject to Change

Siouxland Aging Services Congregate Meal Program Menu

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 Meatloaf Or Baked Chicken Brst. Baked Potato w/ Sr. Cr. Broccoli Banana	2 Pork Fritter/ Bun Or Hamburger / Bun Tri tator Carrots Applesauce Gelatin Cubes w/ topping	3 Parmesan Chicken Brst. Or Pork cutlet Rice Pilaf Green Beans Marinated Veg. Salad Apricots	4 Salisbury Steak in Gravy Or Baked Fish Parsley Potatoes Peas Citrus Sections	5 Tuna & Noodle Casserole Or Chicken Patty/ Bun Lettuce Salad w/ dressing Mixed Vegetables Tea Roll Banana Bar	6
7	8 Tavern/ Bun Or Fish / Bun Parsley Potatoes Three Bean Salad Citrus Sections Oatmeal Cookie	9 Hearty Vegetable Soup Asst. meat Sandwich Coleslaw Rosy Applesauce Frosted Cinnamon Roll	10 Liver and Onions Or Hamburger Steak Baked Potato w/ sr. cr. Corn Apricots	11 Roast Beef Or Baked Chicken Brst. Mashed Potatoes/ Gravy Lettuce Salad w/ dressing Mandarin Oranges	12 Swedish Meatballs Noodles Or Baked Fish Carrots Lettuce Salad w/ dressing Fruit Cocktail	13
14	15 Goulash Or Chicken Patty/ Bun Lettuce Salad w/ dressing Garlic Bread Fresh Orange Trail Mix	16 Turkey Tetrazinni or Pork Fritter Mixed Vegetables Lettuce Salad w/ dressing Sour Cream Raisin Bar Orange Juice	17 Special Event Menu "Happy St. Patrick's Day"	18 BBQ Rib / Bun Or Chicken Patty/ Bun Tater Tots Tomato Spoon Salad Peaches	19 Baked Fish or Bnless Chicken Brst. Baked Potato/ sr. cr. Spinach Bread Pudding w/ raisins	20
21	22 COOK'S CHOICE	23 Meatloaf Or Bnless Chicken Brst Baked Potato w/ sr. cr. Broccoli Pears Rice Krispy Bar	24 BBQ Chicken / Bun Or Hamburger/Bun Potato Salad Green Beans Fruit Crisp	25 Roast Pork w/ dressing or Chicken Fried Steak Mashed Potatoes/ Gravy Peas Strawberries & Bananas	26 Chicken Rice Casserole Or Fish/ Bun Lettuce Salad w/ dressing Peaches Pudding	27
28	29 Chicken Fried Steak Or Chicken Patty Mashed Potatoes/ gravy Spinach Fruit Cocktail	30 Pork Chop Or Hamburger Steak Mashed Potatoes/ Gravy Corn Applesauce Gelatin Cubes w/ topping	31 Roast Turkey Mashed Potatoes/ gravy Broccoli Fresh Orange Peanut Butter Krispy Bar			

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.