

MAY 2010

Menu Subject to Change

**Siouxland Aging Services
Congregate Meal Program Menu**

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
2	3 Swiss Steak Or Baked Fish Baked Potato/sr. cream Green Beans Peanut Butter Krispy Bar	4 Roast Beef Or Baked Chicken Brst. Mashed Potatoes & Gravy Broccoli Trail Mix	5 Beef Vegetable Casserole Or Chicken Patty/ bun Pea Salad Apricots Strawberry Shortcake Dinner Roll	6 Baked Chicken Or Hamburger Steak Parsley Potatoes Gravy Diced Beets Pudding	7 COOK'S CHOICE	8
9	10 Pork Fritter/ Bun Or Hamburger/ Bun Tri Tator Carrots Gelatin Cubes w/ topping Strawberries & Bananas	11 Parmesan Chicken Brst. Or Pork Cutlet Rice Green Beans Marinated Veg. Salad Apricots	12 Salisbury Steak Or Baked Fish Parsley Potato Peas Citrus Sections	13 Meatloaf Or Baked Chicken Brst. Baked Potato/ sr. cream California Mix Veg. Banana	14 Turkey Cold Plate Or Hamburger Steak Pasta Vegetable Salad Tomato slices & Lettuce Fresh Fruit Cup Banana Bar	15
16	17 Liver and Onions Or Hamburger Steak Baked Potato w/ sr. cr. Corn Apricots	18 Hearty Vegetable Soup Asst. meat Sandwich Coleslaw Rosy Applesauce Frosted Cinnamon Roll	19 Roast Beef Or Baked Chicken Brst. Mashed Potatoes/ Gravy Lettuce Salad w/ dressing Mandarin Oranges	20 Special Event Menu	21 Swedish Meatballs Noodles Or Baked Fish Carrots Lettuce Salad w/ dressing Fruit Cocktail	22
23	24 BBQ Rib / Bun Or Chicken Patty / Bun Tri Tator Tomato Spoon Salad Peaches	25 Turkey Tetrazinni Or Pork Fritter Mixed Vegetables Lettuce Salad/dress. Sour Cream Raisin Bar Orange Juice	26 Chicken Cheese Melt Or Hamburger/ Bun Tater Tots Carrots Fruit Cocktail	27 Spaghetti w/ Meat Sauce Or Fish/ bun Lettuce Salad w/ dress. Fresh Orange Trail Mix Garlic Bread	28 COOK'S CHOICE	29
30	31 CLOSED MEMORIAL DAY					

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.