


August 2010

Menu subject to change

Siouxland Aging Services

Congregate Meal Program Menu

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	2 Swedish Meatballs Or Baked Fish Noodles Carrots Lettuce Salad w/ dressing Fruit Cocktail	3 Liver & Onions Or Hamburger Steak Baked Potato w/ sr. cr. Corn Apricots	4 Roast Beef Or Baked Chicken Breast Mashed Potatoes & Gravy Lettuce Salad w/ dressing Mandarin Oranges	5 Tavern on Bun Or Fish / Bun Parsley Buttered Potatoes Three Bean Salad Pineapple tidbits Cookie	6 Bean & Ham Soup Egg Salad Sandwich Coleslaw Rosy Applesauce Frosted Cinnamon Roll	7
8	9 Spaghetti and Meat Sauce or Chicken Fried Steak Lettuce Salad w/ dressing Garlic Toast Fresh Orange	10 Pork Cutlet Or Hamburger Steak Mashed Potatoes Mushroom Gravy Squash Apple Crisp	11 BBQ Ribb / bun Or Chicken Patty/ bun Tri Tator Tomato Spoon Salad Peaches	12 Turkey Tetrazinni Or Pork Fritter/bun Mixed Vegetable Lettuce Salad w/ dress. Sour Cream Raisin Bar	13 Baked Fish Or Bnless Chicken Brst. Baked Potato w/sr. cr. Spinach Bread Pudding w/raisins	14
15	16 COOK'S CHOICE	17 Roast Pork/ dressing Or Bnless Chicken Brst. Mashed Potatoes & Gravy Green Beans Fresh Fruit Cup	18 Chicken Broccoli Cass. Or Chicken Fried Steak Lettuce Salad w/ dressing Peaches Pudding	19 Meat Loaf Or Chicken Patty Baked Potato w/ sr. cr. Broccoli Pears Rice Krispy Bar	20 BBQ Chicken / Bun Or Hamburger/bun Potato Salad Peas Strawberries & Bananas Oatmeal Cookie	21
22	23 Bnless Chicken Brst. Or Hamburger Patty Baked Potato/ sr. cr. Peas Peaches Trail Mix	24 Hamburger Steak Or Baked Ham Sweet Potatoes Green Beans Banana Split Dessert Orange Juice	25 SPECIAL EVENT MENU	26 Beef Stroganoff Or Baked Fish Noodles Seasoned Tomatoes Lettuce Salad w/ dressing Apricots	27 Chicken Fried Steak Or Pork Patty Mashed Potatoes/Gravy Spinach Fruit Cocktail	28
29	30 Swiss Steak Or Baked Fish Baked Potato/ sr. cr. Green Beans Mandarin Oranges	31 Roast Turkey Mashed Potatoes & Gravy Corn Fresh Orange Pumpkin 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.

|