

December 2010

Menu subject to change

Siouxland Aging Services

Congregate Meal program menu

| Sun. | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|---------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------|
| |  | | ¹ Hot Beef Sandwich Or Chicken Fried Steak Mashed Potatoes/ Gravy Broccoli Strawberry Shortcake | ² Cook's Choice | ³ Baked Fish Or Baked Ham Sweet Potatoes Peas Peaches/trail mix | ⁴ |
| ⁵ | ⁶ Salisbury Steak Or Chicken Patty Mashed Potatoes/ Gravy Carrots Citrus Sections Cookie | ⁷ Pork Fritter / Bun Or Hamburger/ Bun Tri Tator Mixed Vegetables Rosy Applesauce | ⁸ Parmesan Chicken Brst. Or Hamburger Steak Rice Pilaf Green Beans Marinated Veg. Salad | ⁹ Meatloaf Or Baked Fish Parsley Potatoes Beets Banana Split Dessert | ¹⁰ Goulash or Tavern /Bun Coleslaw Garlic Toast Orange Juice Trail Mix | ¹¹ |
| ¹² | ¹³ Tater Tot Casserole Or Chicken Patty Seasoned Tomatoes Mandarin Oranges | ¹⁴ Chicken Noodle Soup Asst. Sandwiches 3 Bean Salad Fruit Cocktail Frosted Brownie | ¹⁵ Liver and Onions Or Hamburger Steak Mashed Potatoes/ Gravy California Mix Veg. Fruited Gelatin w/ topping | ¹⁶ Oven Fried Chicken Or Baked Fish Mashed potatoes/ Gravy Corn Strawberries & Bananas | ¹⁷ Swedish Meatballs Or Baked Chicken Brst. Noodles Carrots Peaches | ¹⁸ |
| ¹⁹ | ²⁰ Baked Pork Chop Or Baked Chicken Brst. Boiled Potatoes w/ gravy Squash Pineapple Chunks Cookie | ²¹ BBQ Rib / Bun Or Chicken Patty /Bun Potato Wedges Peas & Carrots Applesauce | ²² Special Event Menu | ²³ Turkey Tetrazinni Or Hamburger Steak California Mix Veg. Pears Peanut butter Krispy Bar | ²⁴ "Happy Holidays" Closed | ²⁵ |
| ²⁶ | ²⁷ Chicken Casserole Or Pork Fritter/Bun Broccoli Fruit Crisp | ²⁸ BBQ Chicken / Bun or Hamburger/ Bun Potato Salad Green Beans Pears/Chocolate cake | ²⁹ Roast Pork w/ Dressing Or Baked Chicken Brst. Mashed Potatoes / Gravy Carrots Cinnamon Apples | ³⁰ Chicken Fried Steak Or Baked Fish Mashed Potatoes/ Gravy Spinach Fruit Cocktail | ³¹ "New Year's Eve" Closed | |

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 contribuuiou 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.

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