

# February 2012

Menu Subject to Change

# Siouxland Aging Services Congregate Meal Program Menu

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	
	February is Heart Month		1 Goulash Or Tavern/ Bun Coleslaw Trail Mix Orange Juice	2 <b>Salisbury Steak*</b> Or Baked Chicken Brst. Mashed Potatoes/ Gravy Peas Citrus Sections	3 Meatloaf Or Baked Fish Baked Potato/ Sr. Cr. Beets Banana Split Dessert	4	
5	6 Meatballs in Gravy Or Baked Chicken Brst. Baked Potato/ Sr. Cr. Carrots Peaches	7 Liver & Onions Or Hamburger Steak Mashed Potatoes/ Gravy California Mix Vegetables Fresh Orange	8 Vegetable Beef Soup Asst. Sandwiches 3 Bean Salad Fruit Cocktail Frosted Brownie	9 Oven Fried Chicken Or Baked Fish Mashed Potatoes/ Gravy Spinach Strawberries & Bananas	10 Tater Tot Casserole Or Chicken Patty/ Bun Seasoned Tomatoes Mandarin Oranges Raisin Oatmeal Cookie	11	
12	13 <b>Turkey Tetrazinni *</b> Or Baked Fish California Mix Vegetables Pears Trail Mix	14 Special Event Menu " Valentines Day"	15 BBQ Rib/ Bun or Hot Dog/ Bun Potato Wedges <b>Baked Beans*</b> Peaches Banana Bar	16 Pork Cutlet Or Chicken Patty Boiled Potatoes/ Gravy Broccoli Fresh Orange	17 Hamburger Steak Or Bnless Chicken Brst. Baked Potato/ Sr. Cr. Green Benas Apricots Rice Krispy Bar	18	
19	20 Meatloaf Or Baked Fish Baked Potato/ Sr. Cr. Mixed Vegetables Strawberries & Bananas	21 Roast Pork/ dressing or Baked Chicken Brst. Mashed Potatoes/ Gravy Peas Cinnamon Apple Slices	22 Tuna & Noodle Cass. Or Hamburger/ Bun Green Beans Citrus Sections Gelatin Cubes w/ topping	23 COOK'S CHOICE	24 Chicken Fried Steak Or Chicken Patty/ Bun Boiled Potatoes/ gravy Spinach Apricots	25	
26	27 Hamburger Steak Or Baked Fish Baked Potato/ sr. cr. Corn Orange Juice	28 BBQ Chicken/ Bun Or Hamburger/ Bun Potato Salad Green beans Citrus Sections	29 Beef Stroganoff Or Chicken Patty Butteed Noodles Seasoned Tomatoes Pears	* Indicates menus or menu item that are high in Sodium. To reduce the Sodium to 1000 mg or less, choose the second entrée choice or ask for a small portion of the high sodium item indicated.			

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.