

January 2012

Menu Subject to Change

Siouxland Aging Services Congregate Meal Program Menu

| Sun. | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. | |
|------|---|--|---|---|---|------|--|
| 1 | 2 Closed No meal Delivery | 3 Hamburger Steak Or Pork Cutlet/ Gravy Baked Potato /Sr. Cr. Green Beans Apricots Rice Crispy Bar | 4 BBQ Rib/ Bun Or Hot dog/ Bun Potato Wedges Baked Beans* Peaches Banana Bar | 5 Turkey Tetrazinni* Or Baked Fish California Blend Pears Trail Mix | 6 Roast Beef Mashed Potatoes/ Gravy Beets Cinnamon Apple Slices | 7 | |
| 8 | 9 Meat Loaf Or Baked Fish Baked Potato / Sr. Cr. Mixed Vegetables Strawberries & Bananas | 10 Pork Roast Or Baked Chicken Brst. Bread Stuffing* Mashed Potatoes & Gravy Peas Cinnamon Apple Slices | 11 Chicken Broccoli Cass*. Or Pork Fritter/ bun Kidney Bean Salad Peach Crisp | 12 BBQ Chicken/ Bun Or Hamburger/ Bun Potato Salad Green Beans Citrus Sections | 13 Chicken Fried Steak Or Chicken Patty Boiled Potatoes &Gravy Spinach Apricots | 14 | |
| 15 | 16 Pork Cutlet/ Gravy Or Hamburger Steak Parsley Potatoes California Blend Veg. Pears | 17 Beef Stroganoff Or Chicken Patty Buttered Noodles Seasoned Tomatoes Gelatin Cubes w/ topping | 18 Roast Turkey Mashed Potatoes & Gravy Corn Mandarin Oranges Pumpkin Bar | 19 Special Event Menu | 20 Baked Bnlss Chicken Brst. Or Pork Fritter Sweet Potatoes Peas Peaches Trail Mix | 21 | |
| 22 | 23 Swiss Steak Or Baked Fish Parsley Potatoes Wax Beans Apple Crisp | 24 Roast Beef Mashed Potatoes & Gravy Broccoli Strawberry Shortcake | 25 COOK'S CHOICE | 26 Fish Sandwich Or Baked Ham * Scalloped Potatoes Carrots Mandarin Oranges | 27 Liver and Onions Or Hamburger Steak Baked Potato/ Sr. Cr. Mixed Vegetables Fruit Cocktail | 28 | |
| 29 | 30 Pork Fritter/ Bun Or Hamburger/ Bun Tri Tators Squash Rosy Applesauce | 31 Parmesan Chicken* Or Chicken Fried Steak Rice Pilaf Marinated Veg. Salad 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.