


March 2012

Menu Subject to Change

**Siouxland Aging Services
Congregate Meal Program Menu**

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1 Roast Turkey Mashed Potatoes & Gravy Corn Mandarin Oranges Pumpkin Bar	2 Baked Fish or Swiss Steak Parsley Potatoes Wax Beans Apple Crisp	3
4	5 Pork Cutlet or Baked Chicken Breast Mashed Potato/gravy Pea Salad Apricot halves	6 Roast Beef Mashed Potatoes & Gravy Broccoli Strawberry Shortcake	7 Hamburger Steak or Liver and Onions Baked Potato/ Sr. Cr. Mixed Vegetables Fruit Cocktail	8 Swiss Steak Parsley Potato wax beans Apple crisp	9 Fish Sandwich Or Baked Ham * Scalloped Potatoes Carrots Mandarin Oranges	10
11	12 Parmesan Chicken* Or Chicken Fried Steak Rice Pilaf Marinated Veg. Salad Pears	13 Goulash Or Tavern/ Bun Coleslaw Trail Mix Orange Juice	14 Salisbury Steak* Or Baked Chicken Brst. Mashed Potatoes/ Gravy Peas Citrus Sections	15 Special Event Menu Happy St Patricks St Patricks Day	16 Baked Fish or Meatloaf Baked Potato/ Sr. Cr. Beets Banana Split Dessert	17
18	19 Meatballs in Gravy Or Baked Chicken Brst. Baked Potato/ Sr. Cr. Carrots Peaches	20 Liver & Onions Or Hamburger Steak Mashed Potatoes/ Gravy California Mix Vegetables Fresh Orange	21 Tater Tot Casserole* Or Chicken Patty/ Bun Seasoned Tomatoes Mandarin Oranges Raisin Oatmeal Cookie	22 Vegetable Beef Soup Asst. Sandwiches 3 Bean Salad Fruit Cocktail Frosted Brownie	23 Baked Fish Baked Chicken breast Mashed Potatoes/ Gravy Spinach Strawberries & Bananas	24
25	26 BBQ Rib/ Bun or Hot Dog/ Bun* Potato Wedges Baked Beans* Peaches	27 Hamburger Steak Or Bnless Chicken Brst. Baked Potato/ Sr. Cr. Green Benas Apricots Rice Krispy Bar	28 Cooks Choice	29 Roast Beef Mashed Potato/gravy Beets Cinnamon Apples	30 Tuna Noodle Casserole or Hamburger/bun California Mix Vegetables Pears Trail Mix	31

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 \$6.80

The suggested contribuion range is \$3.75 - \$6.80 for Congregate meals and \$3.75 - \$5.75 range for Home Delivered Meals.

We Appreciate Your Contribution for Our Meals ! What You Give Is A Personal Decision.