

February 2010

Menu Subject to Change

Siouxland Aging Services Congregate Meal Program Menu

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 Liver & Onions Or Hamburger Steak Baked Potato w/ sr. cr. Corn Apricots	2 Swedish Meatballs Or Chicken patty Noodles Carrots Lettuce Salad w/ dress. Fruit Cocktail	3 Hearty Bean Soup Assorted Sandwiches Coleslaw Rosy Applesauce Frosted Cinnamon Roll	4 Roast Turkey Mashed Potatoes & Gravy Broccoli Gelatin Cubes w/ topping Fresh Orange	5 Meatloaf or Fish/ Bun Baked Potato w/ sr. cream Broccoli Pears Rice Krispy Bar	6
7	8 Turkey Tetrazinni Or Hamburger Steak Mixed Veg. Tossed Salad / dress. Sour Cream Raisin Bar Orange Juice	9 BBQ Rib / Bun Or Chicken Patty Tri Tator Tomato Spoon Salad Peaches	10 Goulash Or Tavern/bun Lettuce Salad w/dress. Fresh Orange Peach Crisp	11 Baked Pork Chop Or Chicken Patty Mashed potatoes/gravy Squash Oatmeal Cookie Orange	12 Special Event Menu Happy Valentine's Day	13
14	15 Baked Fish Or Baked Chicken Brst. Baked Potato/sr.cr. Spinach Bread Pudding w/raisins	16 Roast Pork w/ dressing Or Bnless Chicken Brst. Mashed Potatoes & Gravy Peas Fresh Fruit Cup	17 BBQ Chicken / bun Or Hamburger/ bun Potato Salad Green Beans Strawberries & Banana Fruit Crisp	18 Salisbury Steak or Baked Fish Parsley Buttered Potatoes Peas Citrus Sections	19 Fettucinne Alfredo W/ Chicken Or Hamburger Steak Tossed Salad Seasoned tomatoes Banana Bar	20
21	22 Swiss Steak Or Baked Fish Baked Potato w/ sr. cr. Green Beans Peanut butter Crispy Bar	23 Baked Chicken Or Hamburger Steak Boiled Potatoes Gravy Beets Pudding	24 Tavern/ bun or Fish/ Bun Parsley Butter Potatoes Three Bean Salad Citrus Sections Oatmeal Cookie	25 Beef Vegetable Casserole or Chicken Patty Pea Salad Apricots Strawberry Shortcake	26 Hot Beef Sandwich Or Bnless Chicken Brst. Mashed Potatoes& Gravy Broccoli Trail Mix	27
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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 contributions 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.