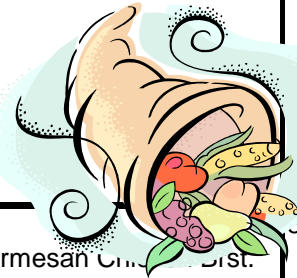





**November 2011**  
**Menu subject to change**

**Siouxland Aging Services**  
**Congregate Meal Program Menu**

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 Swiss Steak Or Baked Fish Parsley Potatoes Wax Beans Apple Crisp	2 Pork Cutlet/ gravy Mashed Potatoes & Gravy Pea Salad Apricots	3 Liver and Onions Or Hamburger Steak Baked Potato /sour cr. Mixed Vegetables Fruit Cocktail	4 Roast Beef Mashed Potatoes/Gravy Broccoli Strawberry Shortcake	5
6	7 Parmesan Crisp Or Chicken Fried Steak Rice Pilaf Marinated Veg. Salad Pears	 8 Goulash Or Tavern/Bun Coleslaw Garlic Bread Trail Mix Orange Juice	9 COOK'S CHOICE	10 Meatloaf Or Baked Fish Baked Potato/ sr. cr. Beets Banana Split Dessert	11 Veteran's Day Closed	12
13	14 Meatballs in Gravy Or Baked Chicken Brst Baked Potato/Sr. Cr. Carrots Peaches	15 Tater Tot Casserole Or Chicken Patty/Bun Seasoned Tomatoes Mandarin Oranges Oatmeal Raisin Cookie	16 Baked Chicken Or Baked Fish Mashed Potatoes/ Gravy Spinach Strawberries and Bananas	17 Chicken Noodle Soup Asst. Sandwiches 3 Bean Salad Fruit Cocktail	18 Special Menu Thanksgiving Meal	19
20	21 BBQ Rib/ Bun Or Hot Dog/ Bun Potato Wedges Baked Beans * Peaches Banana Bar	22 Roast Beef Mashed Potatoes/ Gravy Beets Cinnamon Apple Slices	23 Roast Pork or Chicken Patty Boiled Potatoes/ Gravy Broccoli Fresh Orange	24 Closed Happy Thanksgiving	25 Closed	26
27	28 Turkey Tetrazinni* Or Baked Fish/ bun California Mixed Veg. Peach Crisp	 29 BBQ Chicken/Bun Hamburger/ Bun Potato Salad Green Beans Citrus Sections	30 Chicken Fried Steak or Chicken Patty Boiled Potatoes/ Gravy Spinach Apricots	* 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.		

 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.**