



December 2011

Menu Subject to Change

Siouxland Aging Services Congregate Meal Program Menu

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	 <p>* 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.</p>			 <p>1 Roast Pork Or Baked Chicken Brst Mashed Potatoes/ Gravy Peas Apple Slices</p>	<p>2 Meatloaf or Baked Fish Baked Potato / Sr. Cr. Mixed Vegetables Strawberries & Bananas</p>	<p>3</p>
4	<p>5 Baked Bñes Or Pork Fritter Sweet Potatoes Peas Peaches Trail Mix</p>	<p>6 Hamburger Steak Or Baked Fish Baked Potato/Sr. Cr. Green Beans Orange Juice</p>	<p>7 Beef Stroganoff Or Chicken Patty Buttered Noodles Seasoned Tomatoes Fruit Cocktail</p>	<p>8 Roast Turkey Mashed Potatoes/ Gravy Corn Mandarin Oranges Pumpkin Cake</p>	<p>9 Roast Pork or Hamburger Steak Parley Potatoes California Blend Vegetables Pears</p>	<p>10</p>
11	<p>12 Liver & Onions Or Hamburger Steak Baked Potatoes/ Sr. Cr. Mixed Vegetables Fruit Cocktail</p>	<p>13 Pork Cutlet in Gravy Or Baked Chicken Breast Mashed Potatoes/ Gravy Pea Salad Apricots</p>	<p>14 Swiss Steak Or Baked Fish Parsley Potatoes Wax Beans Apple Crisp</p>	<p>15 Fish/ Bun Or Baked Ham * Scalloped Potatoes Carrots Mandarin Oranges</p>	<p>16 Goulash Or Tavern/ bun Coleslaw Garlic Bread Trail Mix Orange Juice</p>	<p>17</p>
18	<p>19 Salisbury Steak * Or Baked Chicken Brst. Mashed Potatoes/Gravy Peas Citrus Sections Oatmeal Raisin Cookie</p>	<p>20 Meatloaf Or Baked Fish Baked Potato/ Sr. Cr. Beets Banana Split Dessert</p>	<p>21 Parmesan Chicken* Or Chicken Fried Steak Rice Pilaf Marinated Vegetable Salad Pears</p>	<p>22 Pork Fritter/ Bun Or Hamburger/ Bun Tri Tator Squash Rosy Apple Sauce</p>	<p>23 Special Holiday Menu "Happy Holidays"</p>	<p>24</p>
25	<p>26 Closed Happy Holidays</p>	<p>27 Cook's Choice</p>	<p>28 Tater Tot Casserole or Chicken Patty / Bun Seasoned Tomatoes Mandarin Oranges Cookie</p>	<p>29 Baked Chicken Or Baked Fish Mashed Potatoes/ Gravy Spinach Strawberries and Bananas</p>	<p>30 Liver and Onions or Hamburger Steak Mashed Potatoes/ Gravy California Blend Vegetables Orange Juice</p>	<p>31</p>

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.