




**OCTOBER 2011**  
**Menu Subject to Change**

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

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
2	3 Meatballs in Gravy Or Baked Chicken Brst. Baked Potato w/ Sour Cr. Carrots Peaches	4 Tater Tot Casserole or Chicken Pattie/ bun Seasoned Tomatoes Mandarin Oranges Oatmeal Raisin Cookie	5 Baked Chicken Or Baked Fish Mashed Potatoes & Gravy Spinach Strawberries & Bananas	6 Liver & Onions Or Hamburger Steak Mashed Potatoes/ Gravy California Blend Veg. Orange Juice	7 Chili Soup Asst. Sandwiches Coleslaw Fruit Cocktail Frosted Brownie	8
9	10 Baked Pork Chop Or Chicken Pattie Boiled Potatoes & Gravy Broccoli Fresh Orange	11 Or Hot Dog / Bun Potato Wedges Baked Beans * Peaches Banana Bar	12 COOK'S CHOICE MENU	13 Roast Beef Mashed Potatoes & Gravy Beets Cinnamon Apple Slices	14 Turkey Tetrazinni * Or Baked Fish/ bun California Blend Veg. Pears Trail Mix	15
16	17 Chicken Fried Steak Or Chicken Pattie Parsley Potatoes Cream Gravy Spinach Apricots	18 Chicken Broccoli Cass. * Or Pork Fritter/ Bun Kidney Bean Salad Peach Crisp	19 Roast Pork  Or Baked Chicken Brst. Bread Dressing* Mashed Potatoes & Gravy Peas Cinnamon Apple Slices 	20 BBQ Chicken / Bun Or Hamburger/ Bun Potato salad Green Beans Citrus Sections	21 Meatloaf Or Baked Fish Baked Potato w/ sr. cr. Mixed Vegetables Strawberries & Bananas	22
23	24 Baked Chicken Breast or Pork Fritter Sweet Potatoes Peas Peaches Trail Mix	25 Baked Pork Chop Or Hamburger Steak Parsley Potatoes California Blend Veg. Pears	26 Roast Turkey Mashed Potatoes & Gravy Corn Mandarin Oranges Pumpkin Bar	27 Beef Stroganoff  Or Chicken Pattie Buttered Noodles Seasoned Tomatoes Gelatin Cubes w/ topping	28 Hamburger Steak Or Baked Fish Baked Potato w/ sr. cr. Green Beans Orange Juice	29
30	31 Special Event Menu "Happy Halloween"					

\* 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 contribution 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.