

**January 2010**  
**Menu Subject to Change**

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

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 CLOSED HAPPY NEW YEAR	2
3	4 Chicken Rice Casserole Or Chicken Fried Steak Lettuce Salad w/ dressing Peaches Chocolate Pudding	5 Meatloaf or Fish/ Bun Baked Potato w/ sr. cream Broccoli Pears Rice Krispy Bar	6 BBQ Chicken / bun Or Hamburger/ bun Potato Salad Green Beans Strawberries & Banana Fruit Crisp	7 COOK'S CHOICE	8 Roast Pork w/ dressing Or Bnless Chicken Brst. Mashed Potatoes & Gravy Peas Fresh Fruit Cup	9
10	11 Swiss Steak Or Baked Fish Baked Potato w/ sr. cr. Green Beans Peanut butter Crispy Bar	12 Baked Chicken Or Hamburger Steak Boiled Potatoes Gravy Beets Peaches	13 Chicken Cheese Melt Or Pork Fritter/ Bun Tater Tots Carrots Fruit Cocktail	14 Beef Vegetable Casserole or Chicken Patty Pea Salad Apricots Strawberry Shortcake	15 Hot Beef Sandwich Or Bnless Chicken Brst. Mashed Potatoes& Gravy Broccoli Trail Mix	16
17	18 BBQ Rib / Bun Or Chicken Patty / Bun Tri Tator Tomato Spoon Salad Peaches	19 Turkey Tetrazinni Or Pork Fritter Mixed Vegetables Lettuce Salad/dress. Sour Cream Raisin Bar Orange Juice	20 Baked Fish Or Bnless Chicken Brst. Baked Potato/sr.cr. Spinach Bread Pudding	21 Goulash Or Fish/ bun Lettuce Salad w/ dress. Fresh Orange Peach Crisp	22 Special Event Menu "Winter Picnic"	23
24	25 Chicken Fried Steak Or Chicken Patty Mashed Potatoes & Gravy Spinach Fruit Cocktail	26 Beef Stroganoff Or Bnless Chicken brst. Noodles Seasoned Tomatoes Lettuce Salad w/ dress. Apricots	27 Hamburger Steak Or Pork Fritter Baked Potato / sr. cr. Green Beans Rice Krispie Bar Orange Juice	28 Parmesan Chicken Brst. Or Pork Cutlet Rice Pilaf Wax Beans Marinated Veg. Salad Peaches	29 Baked Pork Chop Or Hamburger Steak Mashed Potatoes & Gravy Squash Hot Apple Slices Oatmeal Cookie	30
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 \$ 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.**