


November 2010

Menu subject to change

Siouxland Aging Services

Congregate meal program

| Sun. | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. | |
|------|--|---|--|--|--|------|--|
| | 1 Swedish Meatballs Or Chicken Patty Noodles Carrots Peaches | 2 Tavern/ Bun Or Fish / bun Parsley Buttered Potatoes 3 Bean Salad Citrus Sections Cookie | 3 Liver and Onions Or Hamburger Steak Baked Potato/ Sr. cr. Corn Pears | 4 Homemade Soup Asst. Sandwich Coleslaw Fruit Cocktail Frosted Brownie | 5 Baked Chicken Or Pork Fritter Mashed Potatoes & Gravy Spinach Strawberries & Bananas Pudding | 6 | |
| 7 | 8 BBQ Rib/ Bun Or Chicken Patty/ Bun Potato Wedges Broccoli Rosy Applesauce | 9 Roast Beef Or Baked Chicken Brst. Mashed Potatoes / Gravy Beets Cinnamon Apple Slices | 10 Baked Pork Chop Or Hamburger Steak Boiled Potatoes w/gravy Peas & Carrots Pineapple Chunks | 11 Closed for Veteran's Day | 12 Cook's Choice | 13 | |
| 14 | 15 Chicken Casserole Or Hamburger / Bun Broccoli Apple Crisp/whip topping Dinner Roll | 16 Chicken Fried Steak Or Chicken Patty Mashed Potatoes / Gravy Spinach Fruit Cocktail | 17 Meatloaf Or Baked Fish Baked Potato/ Sr. cr. Mixed Vegetables Strawberries & Bananas | 18 Hamburger Steak Or Baked Chicken Breast Parsley Buttered Potatoes Green Beans Rice Krispie Bar | 19 Special Event Menu | 20 | |
| 21 | 22 Beef Stroganoff Or Chicken Breast Noodles Seasoned Tomatoes Apricots | 23 Roast Pork Or Hamburger Steak Bread Dressing Mashed Potatoes / Gravy Pumpkin Bar | 24 BBQ Chicken / Bun Or Pork Fritter Potato Salad Green Beans Pears/Cookie | 25 "Happy Thanksgiving" Closed | 26 Closed | 27 | |
| 28 | 29 Swiss Steak Or Chicken Patty Parsley Potatoes Wax Beans Peach Crisp | 30 Pork Cutlet Or Hamburger Steak Mashed Potatoes / Gravy Pea Salad Apricots |  | | | | |

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 contribuution 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.