

September 2010

Menu Subject to Change

Siouxland Aging Services
Congregate Meal Program Menu

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1 Tator tot Casserole Or Chicken Patty/bun Pea Salad Apricots Strawberry Shortcake	2 Roast Beef Or Bnless Chicken Brst. Mashed Potatoes/ Gravy Broccoli Trail Mix	3 COOK'S CHOICE	4
5	6 Closed for Labor day	7 Pork chop Or Chicken Patty Mashed Potatoes / Gravy Carrots Applesauce	8 Parmesan Chicken Or Pork Cutlet Rice Pilaf Green Beans Apricots	9 Salisbury Steak/Gravy Or Baked Fish Parsley Potatoes Peas Citrus Sections Cookie	10 Tavern / Bun Or Chicken Patty/ Bun Potato Wedges Lettuce Salad w/ dressing Fruit Cocktail Gelatin cubes w/topping	11
12	13 Chicken Fried Steak Or Baked Chicken Brst. Mashed Potatoes/ Gravy Spinach Pears	14 Beef Stroganoff or Baked Fish Noodles Seasoned Tomatoes Peanut Butter Krispy Bar	15 Baked Chicken Brst. Or Baked Ham Sweet Potatoes Peas Peaches Trail Mix	16 Hamburger Steak Or Baked Ham Baked Potato/sr. cr. Green Beans Apricots	17 Roast Turkey or Pork Cutlet Mashed Potatoes/Gravy Broccoli Banana Split Dessert	18
19	20 COOK'S CHOICE	21 BBQ Chicken/ Bun Or Hamburger / Bun Potato Salad Wax Beans Fruit Crisp	22 Roast Beef Or Baked Chicken Brst. Mashed Potatoes/ gravy Broccoli Apricots	23 Swiss Steak Or Fish / Bun Parsley Buttered Potatoes Green Beans Chocolate Cake w/icing	24 SPECIAL EVENT MENU	25
26	27 Pork Cutlet Or Hamburger Stk. Mashed Potatoes / Gravy Squash Baked Cinnamon Apples	28 Swedish Meatballs Or Baked Chicken Brst. Noodles Carrots Fruit Cocktail	29 BBQ Rib / Bun Or Chicken Patty Tri Tator Patty Tomato Spoon Salad Peaches	30 Liver and Onions Or Hamburger Stk. Parsley Potatoes Corn 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 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.

1