

**April 2011**

*Menu Subject to Change*

**Siouxland Aging Services  
Congregate Meal Program Menu**

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 Tuna & Noodle Cass. Or Hamburger Steak Green Beans Rice Krispie Bar Orange Juice	2
3	4 Liver & Onions Or Hamburger Steak Baked Potato/Sr. cream Mixed Vegetables Fruit Cocktail	5 Swiss Steak /Tomatoes Or Baked Fish Parsley Potatoes Wax Beans Apple Crisp	6 Roast Beef Mashed Potatoes / Gravy Broccoli Strawberry Shortcake	7 Pork Cutlet Or Bnless Chicken Brst. Mashed Potatoes/Cr Gravy Pea Salad Apricots	8 Baked Fish Or Baked Ham Scalloped Potatoes Carrots Mandarin Oranges	9
10	11 Goulash Or Tavern /Bun Garlic Bread Coleslaw Orange Juice Trail Mix	12 Meat Loaf Or Baked Fish Baked potato/ Sr. Cream Beets Banana Split Dessert	13 Parmesan Chicken Brst. Or Hamburger/ Bun Rice Pilaf Marinated Veg. Salad Pears	14 Salisbury Steak Or Chicken Patty Mashed Potatoes/ Gravy Peas Citrus Sections Oatmeal Raisin Cookie	15 COOK'S CHOICE	16
17	18 Meatballs in Br. Gravy Or Bnless Chicken Brst. Baked Potato/Sr. cream Carrots Peaches	19 Liver & Onions Or Hamburger Steak Mashed Potatoes/ Gravy California Blend Veg. Orange Juice	20 Special Event Menu	21 Vegetable Soup Asst. Meat Sandwich Crackers Three Bean Salad Fruit Cocktail Frosted Brownie	22 Baked Fish/ Bun Or Chicken Patty / Bun Seasoned Tomatoes Mandarin Oranges Oatmeal Raisin Cookie	23
24	25 Pork Chop Or Chicken Patty Boiled Potatoes/ Gravy Broccoli Fresh Orange	26 Hot Roast Beef Sandwich Mashed Potatoes/ Gravy Beets Cinnamon Apple Slices	27 BBQ Rib / Bun Or Hot Dog / Bun Potato Wedges Baked Beans Banana Bar	28 Hamburger Steak Or Pork Cutlet in gravy Baked Potato/ Sr. Cream Green Beans Apricots Rice Krispy Bar	29 Salisbury Steak Or Chicken Patty Mashed Potatoes/ Gravy Carrots Citrus Sections Cookie	30

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.**