





June 2011

Menu Subject to Change

**Siouxland Aging Services
Congregate Meal Program Menu**

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
<p>* 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.</p>			<p>1  Tater Tot Casserole Or Chicken Patty/ bun Seasoned Tomatoes Mandarin Oranges Oatmeal Raisin Cookie</p>	<p>2 Baked Chicken Or Baked Fish Mashed Potatoes / gravy Spinach Strawberries & Bananas</p>	<p>3 Liver & Onions Or Hamburger Steak Mashed Potatoes/ Gravy California Blend Veg. Orange Juice</p>	4
5	<p>6 BBQ Rib / Bun Or Hot Dog/ Bun Potato Wedges Baked Beans * Peaches Banana Bar</p>	<p>7 Hot Beef Sandwich Mashed Potatoes/ Gravy Beets Cinnamon Apple Slices</p>	<p>8 COOK'S CHOICE</p>	<p>9 Turkey Tetrazinni* Or Baked Fish California Blend Veg. Pears Trail Mix</p>	<p>10 Baked Pork Chop Or Chicken Patty Boiled Potatoes/ Gravy Broccoli  Fresh Orange</p>	11
12	<p>13 Chicken Fried Steak Or Chicken Patty Boiled Potatoes Country Gravy Spinach Apricots</p>	<p>14  BBQ Chicken/Bun Or Hamburger/ Bun Potato Salad Green Beans Citrus Sections</p>	<p>15 Meatloaf Or Baked Fish Baked Potato/ Sr. Cr. Mixed Vegetables Strawberries & Bananas</p>	<p>16 Roast Pork Or Bnless Chicken Breast Bread Stuffing* Mashed potatoes/ Gravy Peas Cinnamon Apple Slices</p>	<p>17 Special Event Menu</p>	18
19	<p>20 Bnless Chicken Breast Or Pork Fritter Sweet Potatoes Peas Peaches Trail Mix</p>	<p>21 Hamburger Steak Or Baked Fish Baked Potato/ Sr. Cr. Green Beans Orange Juice Cookie</p>	<p>22 Beef Stroganoff Or Chicken Patty Buttered Noodles Seasoned tomatoes Apricots</p>	<p>23 Baked Pork Chop Or Hamburger Steak Parsley Potatoes California Blend Veg. Pears</p>	<p>24  Roast Turkey Mashed Potatoes/ Gravy Corn Mandarin Oranges Pumpkin Bar</p>	25
26	<p>27 Swiss Steak Or Baked Fish Parsley Potatoes Wax Beans Apple Crisp</p>	<p>28 Liver & Onions Or Hamburger Steak Baked Potato/ Sr. Cr. Mixed Vegetables Fruit Cocktail</p>	<p>29 Roast Beef Mashed Potatoes/ Gravy Broccoli Strawberry Shortcake</p>	<p>30 Breaded Fish Or Baked Ham* Scalloped Potatoes Carrots Mandarin Oranges</p>		

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.
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