

MAY 2011

Menu subject to change

**Siouxland Aging Services
Congregate Meal Program Menu**

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Chicken Fried Steak Or Chicken Patty Boiled Potatoes Country Gravy Spinach Apricots	3 Chicken Broccoli Cass * Or Pork fritter/ bun Kidney Bean Salad Peach Crisp	4 Meatloaf Or Baked Fish Baked Potato/ Sr. cream Mixed Vegetables Strawberries & Bananas	5 Roast Pork Or Bnless Chicken Brst. Bread Dressing * Mashed Potatoes & Gravy Peas Cinnamon Apple Slices	6 BBQ Chicken/ Bun Or Hamburger/ Bun Potato Salad Green Beans Citrus Sections
8	9 Baked Pork Chop Or Hamburger Steak Parsley Potatoes California Blend Veg. Pears	10 Beef Stroganoff Or Chicken Patty Buttered Noodles Seasoned Tomatoes Apricots	11 Roast Turkey Mashed Potatoes / Gravy Corn Mandarin Oranges Pumpkin Bars	12 Hamburger Steak Or Baked Fish Baked Potato/ Sr. Cr. Green Beans Orange Juice	13 Baked Chicken Breast Or Pork Fritter Sweet Potatoes Peas Peaches Trail Mix
15	16 Swiss Steak Or Baked Fish Parsley Potatoes Wax Beans Apple Crisp	17 Liver & Onions Or Hamburger Steak Baked Potato/ Sr Cr. Mixed Vegetable Fruit Cocktail	18 Roast Beef Mashed Potatoes / Gravy Broccoli Strawberry Shortcake	19 Pork Cutlet Or Bnless Chicken Brst. Mashed Potatoes & Gravy Pea Salad Apricots	20 Breaded Fish / Bun Or Baked Ham * Scalloped Potatoes Carrots Mandarin Oranges
22	23 Goulash/ Garlic Bread Or Tavern / Bun Coleslaw Orange Juice Trail Mix	24 Parmesan Chicken * Or Chicken Fried Steak Rice Pilaf Marinated Veg. Salad Pears	25 Meatloaf Or Baked Fish Baked Potato/ Sr. Cr. Beets Banana Split Dessert	26 Pork Fritter/ Bun Or Hamburger / bun Tri Tator Squash Rosy Applesauce	27 SPECIAL EVENT MENU
29	30 CLOSED HAPPY MEMORIAL DAY	31 COOK'S CHOICE	<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>		

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 contributuion 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  sion.

MAY 2011

Menu subject to change

**Siouxland Aging Services
Congregate Meal Program Menu**

Sat.

7

14

21

28

--