

# August 2011

Menu Subject to Change

## Siouxland Aging Services Congregate Meal Program Menu

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 Hamburger Steak Or Baked Fish Baked Potato w/ sr. cr. Green Beans Orange Juice	2 Baked Chicken Breast or Pork Fritter Sweet Potatoes Peas Peaches Trail Mix	3 Beef Stroganoff Or Chicken Pattie Buttered Noodles Seasoned Tomatoes Gelatin Cubes w/ topping	4 Roast Turkey Mashed Potatoes & Gravy Corn Mandarin Oranges Pumpkin Bar	5 Baked Pork Chop Or Hamburger Steak Parsley Potatoes California Blend Veg. Pears	6
7	8 Swiss Steak Or Baked Fish Parsley Buttered Potatoes Wax Beans Apple Crisp	9 Liver & Onions Or Hamburger Steak Baked Potato w/ sr. cr. Mixed Vegetables Fruit Cocktail	10 Pork Cutlet in Gravy Or Bnless Chicken Brst. Mashed Potatoes & Gravy Pea Salad Apricots	11 Hot Beef Sandwich Mashed Potatoes & Gravy Broccoli Strawberry Shortcake	12 Breaded Fish/ Bun Or Baked Ham Scalloped Potatoes Carrots Mandarin Oranges	13
14	15 Pork Fritter/ Bun Or Hamburger/ Bun Tri Tator Wedge Squash Rosy Applesauce	16 Salisbury Steak Or Baked Chicken Brst. Mashed Potatoes & Gravy Peas Citrus Sections Oatmeal Raisin Cookie	17 Parmesan Chicken Brst. or Chicken Fried Steak Rice Pilaf Marinated Veg. Salad Pears	18 Goulash Or Tavern/ bun Coleslaw Garlic Bread Trail Mix Orange Juice	19 Meatloaf Or Baked Fish Baked Potato w/ sr. cr. Beets Banana Split Dessert	20
21	22 Liver & Onions Or Hamburger Steak Mashed Potatoes & Gravy California Blend Veg. Orange Juice	23 Meatballs in Gravy Baked Potato w/ sr. cr. Carrots Peaches	24 Baked Chicken Or Baked Fish Mashed Potatoes & Gravy Spinach Strawberries & Bananas	25 Cook's Choice	26 Vegetable Beef Soup Asst. Sandwiches 3 Bean Salad Fruit Cocktail Frosted Brownie	27
28	29 Hamburger Steak Or Pork Cutlet in Gravy Baked Potato w/ sr. cr. Green Beans Apricots Rice Krispy Bar	30 Special Event Menu	31 BBQ Rib / Bun Or Hot Dog/ Bun Potato Wedges Baked Beans Peaches Banana Bar	* 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.		

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.