

# January 2011

Menu Subject to Change

## Siouxland Aging Services Congregate Meal Program Menu

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

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.