
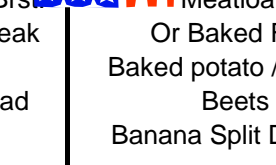




July 2011

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 Pork Cutlet Or Boneless Chicken Breast Mashed Potatoes Mushroom Gravy Pea Salad Apricots</p>	2
3 4	<p>CLOSED HAPPY JULY 4TH</p>	5 Pork fritter / bun Or Hamburger / Bun Tri Tator Squash Rosy Applesauce	6 Salisbury Steak Or Baked Chicken Breast Mashed Potatoes/ Gravy Peas Citrus Sections Oatmeal Raisin Cookie	7 Parmesan Chicken Brst. Or Chicken Fried Steak Rice w/af Marinated Veg. Salad Pears	 <p>8 Meatloaf Or Baked Fish Baked potato / Sr. Cr. Beets Banana Split Dessert</p>	9
10 11	<p>COOK'S CHOICE</p>	12 Meatballs in Gravy Or Baked Chicken Brst. Baked Potato w/ Sour Cr. Carrots Peaches	13 Liver & Onions Or Hamburger Steak Mashed Potatoes/ Gravy California Blend Veg. Orange Juice	14 Chili Soup Asst. Sandwiches Coleslaw Fruit Cocktail Frosted Brownie	15 Tater Tot Casserole or Chicken Pattie/ bun Seasoned Tomatoes Mandarin Oranges Oatmeal Raisin Cookie	16
17 18	BBQ Rib / Bun Or Hot Dog / Bun Potato Wedges Baked Beans Peaches Banana Bar	19 Baked Pork Chop Or Chicken Pattie Boiled Potatoes & Gravy Broccoli Fresh Orange	20 Special Event Menu	21 Turkey Tetrazinni Or Baked Fish/ bun California Blend Veg. Pears Trail Mix	22 Roast Beef Mashed Potatoes & Gravy Beets Cinnamon Apple Slices 	23
24 25	Chicken Broccoli Cass. Or Pork Fritter/ Bun Kidney Bean Salad Peach Crisp	26  Meatloaf Or Baked Fish Baked Potato w/ sr. cr. Mixed Vegetables Strawberries & Bananas	27 BBQ Chicken / Bun Or Hamburger/ Bun Potato salad Green Beans Citrus Sections	28 Roast Pork Or Baked Chicken Brst. Bread Dressing Mashed Potatoes& Gravy Peas Cinnamon Apple Slices	29 Chicken Fried Steak Or Chicken Pattie Parsley Potatoes Cream Gravy Spinach Apricots	30

Wheat Bread, Margarine, and a choice of Skim, 1%, or 2% Milk is served everyday.

Contributions accepted from persons aged 60 or over and their spouse of any age. Cost for persons under 60 is \$ 5.50 - \$5.75

The suggested contribution 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.