

March 2011

**Siouxland Aging Services
Congregate Meal Program Menu**

*Menu Subject to Change
Sun. Monday*

		Tuesday	Wednesday	Thursday	Friday	Sat.
		1 Meat Loaf Or Baked Fish Baked Potato/ Sr. Cream Beets Banana Split Dessert	2 Pork Fritter/ Bun Or Hamburger/ Bun Tri Tator Squash Rosy Applesauce	3 Spaghetti / Meat Sauce Or Tavern/ bun Garlic Bread Coleslaw Orange Juice Trail Mix	4 Salisbury Steak Or Bonless Chicken Brst. Mashed Potatoes/ Gravy Peas Citrus Sections Oatmeal Raisin Cookie	5
6	7 Meatballs / Brown Gravy Or Bonless Chicken Brst. Baked Potato/ Sr. Cream Carrots Peaches	8 Chicken Vegetable Soup Asst. Sandwiches Three Bean Salad Fruit Cocktail Fudgie Oatmeal Bar	9 Tuna Noodle Casserole Or Hamburger/ Bun Seasoned Tomatoes Mandarin Oranges Pudding	10 Baked Chicken Or Pork Cutlet Mashed Potatoes/ Gravy Spinach Strawberries & Bananas	11 Baked Fish Or Liver & Onions Mashed Potatoes/ Gravy California Blend Veg Orange Juice	12
13	14 Pork Chop Or Chicken Patty Boiled Potatoes/ Gravy Broccoli Fresh Orange	15 BBQ Rib / Bun Or Hot Dog / Bun Potato Wedges Baked Beans Banana Bar	16 Turkey Tetrazinni Or Baked Fish / Bun California Mix Vegetables Pears Trail Mix	17 " St. Patrick's Day" Special Event Menu	18 Hamburger Steak Or Baked Fish Baked Potato/ Sr. Cream Green Beans Apricots Rice Krispy Bar	19
20	21 Chicken Fried Steak Or Chicken Patty Boiled Potatoes/ Cr. Gravy Spinach Apricots	22 Roast Pork Or Bonless Chicken Brst. Dressing Mashed Potatoes/ Gravy Peas Cinnamon Apple Slices	23 Chicken Broccoli Cass. Or Pork Fritter/ bun Kidney Bean Salad Peach Crisp	24 BBQ Chicken / Bun Or Hamburger/ Bun Potato Salad Green Beans Citrus Sections	25 Meat Loaf Or Baked Fish Baked Potato/ Sr. Cream Mix Vegetables Strawberries & Bananas	26
27	28 Cook's Choice	29 Roast Turkey Mashed Potatoes / Gravy Corn Mandarin Oranges Pumpkin Bar	30 Beef Stroganoff OR Chicken Patty Noodles Seasoned Tomatoes Apricots	31 Baked Chicken Brst. Or Pork Fritter Sweet Potatoes Peas Peaches Trail Mix		

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.