

# ALGONA SENIOR CENTER 1306 N. Main St. Algona, IA. 50511

RESERVATIONS ARE REQUIRED 24 HR IN ADVANCE

Anyone 60 or over we suggest a donation of \$5.00

Anyone under 60 required to pay \$8.58 per meal



2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Each Meal Includes:</p> <p>*1/3 of the Required Daily Amounts (RDA) for person age 70+</p> <p>*Skim or 1% Milk</p> <p>*Condiments as appropriate</p>			<p><b>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b></p>	<p>1</p> <p>BBQ Ribs Potato Salad Baked Beans Cheesecake Salad</p>
<p>4 <b>NO MEALS</b></p>	<p>5</p> <p>Chicken Alfredo Penne Breadstick Lettuce Salad Mixed Fruit</p>	<p>6</p> <p>Crunchy Pollack Potato Wedges Corn Jell-O Fluff</p>	<p>7</p> <p>Swedish Meatballs Mashed Potatoes w/ Gravy Cucumber/Tomato Salad Frozen Fruit Cup WW Roll</p>	<p>8</p> <p>Crispy Baked Chicken Sweet Potato Fries Baked Beans Mixed Fruit Dessert</p>
<p>11</p> <p>Swiss Steak Fried Potatoes &amp; Onions Broccoli &amp; Cheese Dessert</p>	<p>12</p> <p>Tuna Sandwich Potato Salad Pickle Spear Dessert</p>	<p>13</p> <p>Taco Salad w/ Lettuce &amp; Chips Refried Beans Mexican Rice Pears</p>	<p>14</p> <p>Chicken Pot Pie Breadstick Cottage Cheese Peaches &amp; Pineapple</p>	<p>15</p> <p>Sloppy Joe on WW Bun Roasted Sweet Potatoes Green Beans Apple Slices</p>
<p>18</p> <p>Chicken &amp; Noodles Peas &amp; Carrots Mixed Fruit Cookie</p>	<p>19</p> <p>Beef Stew WW Roll Corn Strawberries</p>	<p>20</p> <p>Chicken, Orange, Almond, Salad Crackers Pineapple Dessert</p>	<p>21</p> <p>Brown Sugar Glazed Pork Mashed Potatoes w/ Gravy Carrots Banana Cookie</p>	<p>22</p> <p>Shepard's Pie WW Roll Broccoli Raisin Salad Mandarin Oranges</p>
<p>25</p> <p>Mushroom &amp; Swiss Burger WW Bun Potato Wedges Broccoli Mixed Fruit</p>	<p>26</p> <p>Apple Pork Chops Roasted Sweet Potatoes Green Beans Peaches</p>	<p>27</p> <p>Hot Beef w/ Gravy Mashed Potatoes Carrots Mixed Fruit</p>	<p>28</p> <p>Ham Balls Roasted Sweet Potatoes Sugar Snap Peas Pears Dessert</p>	<p>29</p> <p>Chicken Chow Mein over Noodles Mixed Vegetables Tropical Fruit Dessert</p>