

Siouxland Center

for Active Generations

Homemade food prepared by Sandy Welch

Meals are \$5.25

All Meals include choice of beverage and salads

Serving from 11:30 – 12:30 Carry-out available

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Breast Rice Pilaf Vegetable Dessert	2 Spaghetti with Meat Sauce Garlic Bread Dessert
5 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert	6 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert	7 Meatloaf Baked Potato Vegetable Dessert	8 Goulash Garlic Bread Dessert	9 Hamburger Steak Mashed Potatoes & Gravy Vegetable Dessert
12 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert	13 Pork loin Mashed Potatoes & Gravy Vegetable Dessert	14 Hamburger Pie Dessert	15 Broasted Chicken Cheesy Potatoes Vegetable Dessert	16 Tavern Onion Rings Vegetable Dessert
19 Country Fried Chicken Mashed Potatoes & Gravy Vegetable Dessert	20 Hot Turkey Sandwich Mashed Potatoes & Gravy Vegetable Dessert	21 Salisbury Steak Mashed Potatoes & Gravy Vegetable Dessert	22 BBQ Baby Back Ribs Baked Potato Vegetable Dessert	23 Goulash Garlic Bread Dessert
26 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert	27 Meatballs & Mushrooms Mashed Potatoes & Gravy Vegetable Dessert	28 Lasagna Garlic Bread Dessert	29 Meatloaf Mashed Potatoes & Gravy Vegetable Dessert	30 Cheese Burger French Fries Vegetable Dessert