

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

October 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| | 1 Meatloaf Mashed Potatoes & Gravy Vegetable Dessert | 2 Pork loin Mashed Potatoes & Gravy Vegetable Dessert | 3 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert | 4 Chicken Spaghetti Garlic Bread Dessert |
| 7 Goulash Garlic Bread Dessert | 8 Vegetable Beef Soup Ham Salad Sandwich Dessert | 9 Pork Roast Potatoes and Carrots Dessert | 10 Baked Ham Mashed Potatoes & Gravy Vegetable Dessert | 11 Taverns French Fries Dessert |
| 14 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert | 15 Beef Tips Mashed Potatoes & Gravy Vegetable Dessert | 16 Hamburger Steak Mashed Potatoes & Gravy Vegetable Dessert | 17 Broasted Chicken Cheesy Potatoes Vegetable Dessert | 18 Spaghetti /Meat Sauce Garlic Bread Dessert |
| 21 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert | 22 Chicken & Noodles Mashed Potatoes Vegetable Dessert | 23 Liver OR Ham Baked Potatoes Vegetable Dessert | 24 Baked Chicken Hind Quarter Mashed Potatoes Vegetable Dessert | 25 BBQ Beef Sandwich Potato logs Dessert |
| 28 Lasagna Soup Ham & Cheese Sandwich Dessert | 29 Salisbury Steak Mashed Potatoes & Gravy Vegetable Dessert | 30 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert | 31 Chicken Breast Rice Pilaf Vegetable Dessert | |