

Lutheran Social Service

OCTOBER 2017

Senior Nutrition Program

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
8oz.Creamy Vegetable Soup 2 1/2 oz. Turkey Sandwich 1/2 c. Fruit Cup Crackers/Margarine Cookie 8 oz. Low Fat Milk	3 oz. Liver or Pepper Steak 1/2c. Buttered Boiled Potatoes 1/2 c. Carrots Bread/Margarine 2"x2" Fruit Crisp 8 oz. Low Fat Milk	3 oz. Roast Beef 1/2 c. Mashed Potatoes 1/2 c. Peas Dinner Roll/Margarine 2"x2" Pudding Dessert 8 oz. Low Fat Milk	6 oz. Chicken Lasagna 1/2 c. Tropical Fruit 1/2 c. Lettuce/Drsg. Bread/Margarine 2"x2" Bar 8 oz. Low Fat Milk	4 oz. Swedish Meatballs 1/2 c. Paprika Potatoes 1/2 c. Country Blend Veg Bread/Margarine 1/2 c. Ice Cream 8 oz. Low Fat Milk
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
6 oz. Beef Noodle Casserole 1/2 c. Green Beans 1/2 c. Peaches Bread/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk	4 oz. BBQ Pork Chop 1/2 c. Sweet Potatoes 1/2 c. Winter Blend Veget. Bread/Margarine 1/2 c. Scalloped Apples 8 oz. Low Fat Milk	4 oz. Meatloaf/Catsup 1/2 c. Whole Parslied Potatoes 1/2 c. Creamed Corn Bread/Margarine 1/2 c. Mandarin Oranges 8 oz. Low Fat Milk	5 oz. Oven Crispy Chicken 1/2 c. Mashed Potatoes/Gravy 1/2 c. Carrots Bread/Margarine 2"x2" Poke Cake 8 oz. Low Fat Milk	8 oz. Meaty Beef Stew with Carrots & Potatoes 1/2 c. Cole Slaw Biscuit/Margarine 2"x2" Cheesecake 8 oz. Low Fat Milk
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
3 oz. Swiss Steak 1/2 c. Mashed Potatoes 1/2 c. Peas Bread/Margarine 1/2 c. Pineapple 8 oz. Low Fat Milk	4oz. Honey Mustard Chicken Brst Baked Potato/Sr. Crm 1/2 c. Green Bean Casserole Bread/Margarine 2"x2" Cake 8 oz. Low Fat Milk	6 oz. Lasagna 1/2 c. California Blend Veg. 1/2 c. Pears Garlic Bread/Margarine Cookie 8 oz. Low Fat Milk	3 oz. Pork Loin 1/2 c. Whole Potatoes 1/2 c. Buttered Cabbage Dinner Roll/Margarine 2"x2" Fruit Crisp 8 oz. Low Fat Milk	4oz.Pub House Fish/Tartar Sc. 1/2 c. AuGratin Potatoes 1/2 c. Mixed Vegetables Bread/Margarine 1/8 slice Pie 8 oz. Low Fat Milk
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
8 oz. Chili 1/2 c. Lettuce/Drsg 2 oz. Cheese Sandwich Bun/Margarine/Crackers 1/2 c. Sherbet 8 oz. Low Fat Milk	3 oz. Egg Bake w/Sausage or Ham 1/2 c. Oven Baked Potatoes 1/2 c. Fruit Cocktail Bread/Margarine Coffeecake 8 oz. Low Fat Milk	5 oz. Baked Chicken Baked Potato/Sr. Crm 1/2 c. Squash Bread/Margarine 2"x2" Apple Brown Betty 8 oz. Low Fat Milk	4 oz. Meatballs/Gravy 1/2 c. Mashed Potatoes 1/2 c. Beets Bread/Margarine 2"x2" Lemon Sponge Cake 8 oz. Low Fat Milk	8 oz. Ham Boiled Dinner w/ Cabbage, Potatoes,Carrots 1/2 c. Peaches Cornbread /Margarine 2"x2" Bar 8 oz. Low Fat Milk
Monday, October 30	Tuesday, October 31		GIFT CERTIFICATES	
3 oz. Sloppy Joe 1/2 c. Potato Salad 1/2 cup Fruit Salad Bun/Margarine Cookie 8 oz. Low Fat Milk	4 oz. Salmon Baked Potato/Sour Cream 1/2 c. Mixed Vegetables Bread/Margarine 1/8 slice Pie 8 oz. Low Fat Milk		for meals available at your site or purchase on line at our website: www.lssmn.org/nutrition	

This service is funded in part by a contract from the Area Agency on Aging with funding from the Federal Older Americans Act through the Minnesota Board on Aging.

Additional funds are provided by the State of Minnesota, United Ways, local communities, and other adult contributions. Approved by: Terri Weyer, RD, LD

Posted menu is regular diet. Diabetic, sodium, and fat restricted diets available upon request. Regular menu provides average of 700-800 calories.

MENU SUBJECT TO CHANGE.