

Lutheran Social Service

JANUARY 2018

Senior Nutrition Program

Monday, Jan. 1	Tuesday, Jan. 2	Wednesday, Jan. 3	Thursday, Jan. 4	Friday, January 5
4 oz. BBQ Pork 1/2 c. Scalloped Potatoes 1/2 c. Country Blend Veg Bun/Margarine 1/2 c. Applesauce 8 oz. Low Fat Milk	6oz.Creamed Chicken/Biscuit 1/2 c. California Blend Veg 1/2 c. Fruit Cup Margarine 1/2 c. Pudding 8 oz. Low Fat Milk	3 oz. Salisbury Steak 1/2 c. Parslied Whole Potat. 1/2 c. Squash Bread/Margarine 1/2 c. Blushing Pears 8 oz. Low Fat Milk	3 oz. Roast Turkey 1/2c. Mashed Potatoes/Gravy 1/2 c. Green Beans Cranberry Sc. Garnish/Brd/Marg 2"x2" Pumpkin Dessert 8 oz. Low Fat Milk	4 oz.Pork Chop/Gravy 1/2 c. Mashed Potatoes 1/2 c. Corn Bread/Margarine 2"x2" Bar 8 oz. Low Fat Milk
Monday, Jan. 8	Tuesday, Jan. 9	Wednesday, Jan. 10	Thursday, Jan. 11	Friday, Jan, 12
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 1/2 c. 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, Jan. 15	Tuesday, Jan. 16	Wednesday, Jan. 17	Thursday, Jan. 18	Friday, Jan. 19
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 1/2c. 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, Jan. 22	Tuesday, Jan. 23	Wednesday, Jan. 24	Thursday, Jan. 25	Friday, Jan. 26
3 oz. Swiss Steak 1/2 c. Mashed Potatoes 1/2 c. Peas Bread/Margarine 1/2 c. Pineapple 8 oz. Low Fat Milk	4 oz. 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. Peaches 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, Jan. 29	Tuesday, Jan. 30	Wednesday, Jan. 31		Supplemental Nutrition Assistance Program (SNAP or EBT/Food Stamps) payment is accepted in lieu of donation. Contact Site Manager for more information.
8 oz. Chili 1/2 c. Pears 2 oz. Cheese Sandwich Bun/Margarine/Crackers 1/2 c. Sherbet 8 oz. Low Fat Milk	3 oz. Sausage Egg Bake 1/2 c. Oven Baked Potatoes 1/2 c. Fruit Cocktail Bread/Margarine 2"x2" Coffeecake 8 oz. Low Fat Milk	6 oz. Chicken Chow Mein 1/2c.Rice/Chow Mein Noodles 1/2 c. Oriental Vegetables 1/2 c. Mandarin Orange Gelatin 2"x2" Brownie 8 oz. Low Fat Milk		

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.