


Lutheran Social Service

MARCH 2018

Senior Nutrition Program

Supplemental Nutrition Assistance Program (SNAP or EBT/Food Stamps) payment is accepted in lieu of donation. Contact Site Manager for more information.				
		Thursday, March 1	Friday, March 2	
		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, March 5	Tuesday, March 6	Wednesday, March 7	Thursday, March 8	Friday, March 9
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, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16
3 oz. Swiss Steak 1/2 c. Mashed Potatoes 1/2 c. Peas & Carrots 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	4 oz. 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, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23
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. Sausage Egg Bake 1/2 c. Oven Baked Potatoes 1/2 c. Fruit Cocktail 1/2 c. Bread/Marg. 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	4 oz. Meatballs in 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 with Cabbage, Potatoes,Carrots 1/2 c. Peaches Cornbread/Margarine 2"x2" Bar 8 oz. Low Fat Milk
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30
3 oz. Sloppy Joe 1/2 c. Potato Salad 1/2 c. Corn Bun/Margarine Fresh Orange 8 oz. Low Fat Milk	4 oz. Salmon Baked Potato/Sour Crm 1/2 c. Mixed Vegetables Dinner Roll/Margarine 1/8 slice Pie 8 oz. Low Fat Milk	5 oz. Baked Chicken 1/2c. Whole Buttered Potatoes 1/2 c. Squash Bread/Margarine 2"x2" Apple Brown Betty 8 oz. Low Fat Milk	3 oz. Roast Beef 1/2c. Mashed Potatoes/Gravy 1/2 c. Creamed Peas Bread/Margarine 2"x2" Fruit Cobbler 8 oz. Low Fat Milk	4 oz. Italian Meat Sauce 4 oz. Spaghetti Noodles 1/2c.Lettuce/Drsg/1/2cCauliflower Garlic Bread/Margarine 1/2 c. Apricots 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