

Lutheran Social Service

APRIL 2018

Senior Nutrition Program

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
6 oz. Chicken Chow Mein 1/2c.Rice/Chow Mein Noodles 1/2 c. Oriental Vegetables 1/2 c. Mandarin Oranges Cookie 8 oz. Low Fat Milk	3 oz. Liver or Pepper Steak 1/2 c. Buttered Boiled Potatoes 1/2 c. Peas Bread/Margarine 1/2 c. Apricots 8 oz. Low Fat Milk	Chef Salad 1 oz. each Turkey,Ham, Cheese on 1 cup Lettuce/Salad Drsg. 1/2 c. Tomato & Cucum. Slices Muffin/Marg./2"x2" Bar 8 oz. Low Fat Milk	3 oz. Roast Beef 1/2 c. Mashed Potatoes 1/2 c. Carrots Dinner Roll/Margarine 2"x2" Pudding Dessert 8 oz. Low Fat Milk	4oz. Swedish Meatballs/Gravy 1/2 c. Paprika Potatoes 1/2 c Creamed Spinach Bread/Margarine 1/2 c. Ice Cream 8 oz. Low Fat Milk
Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13
6 oz.Chicken & Rice Casserole 1/2 c. Broccoli 1/2 c. Cole Slaw Bread/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk	3 oz. Roast Pork 1/2 c. Whole Potatoes 1/2 c. Buttered Cabbage Bread/Margarine 1/2 c. Rosy Applesauce 8 oz. Low Fat Milk	4 oz. Meatloaf/Catsup 1/2 c. Mashed Potatoes 1/2 c. Green Beans Bread/Margarine 1/2 c. Pears 8 oz. Low Fat Milk	5 oz.Oven Crispy Chicken 1/2 c. Sweet Potatoes 1/2 c. Mixed Vegetables Bread/Margarine 2"x2" Fruit Cobbler 8 oz. Low Fat Milk	4 oz. Baked Fish/Tartar Sc 1/2 c. AuGratin Potatoes 1/2 c. California Blend Veg Bread/Margarine 2"x2" Fruit Cobbler 8 oz. Low Fat Milk
Monday, April 16	Tuesday, April 17	Wednesday, April 18	Thursday April 19	Friday, April 20
3 oz. Swiss Steak 1/2 c. Mashed Potatoes 1/2 c. Corn Bread/Margarine 1/2 c. Pineapple 8 oz. Low Fat Milk	3 oz. Roast Turkey 1/2c. Mashed Potatoes 1/2 c. Carrots Cranberry Garnish/Bread/Marg 2"x2" Fruit Shortcake 8 oz. Low Fat Milk	8 oz. Mandarin Chicken Salad 1/2 c. Fresh Fruit 1/2 c. Tomato Cucumber Salad Margarine Muffin 8 oz. Low Fat Milk	4 oz. Pork Chop/Gravy 1/2c Whole Potatoes 1/2 c. Green Bean Bake Dinner Roll/Margarine 2"x2" Fruit Crisp 8 oz. Low Fat Milk	6 oz. Lasagna 1/2 c. Country Blend Veget. 1/2 c. Lettuce Salad/Drsg Garlic Bread/Margarine 2"x2" Bar 8 oz. Low Fat Milk
Monday, April 23	Tuesday, April 24	Wednesday, April 25	Thursday, April 26	Friday, April 27
6 oz. Chicken Tetrizzini 1/2 c. Broccoli 1/2 c. Lettuce/Drsg. Bread/Margarine 1/2 c. Tropical Fruit 8 oz. Low Fat Milk	4 oz. Lemon Pepper Fish 1 med. Baked Potato/Sr. Crm. 1/2 c. Creamed Peas Bread/Margarine 1/8 Slice Pie 8 oz. Low Fat Milk	6 oz. Sweet & Sour Pork 1/2c. Rice 1/2 c. Oriental Vegetables 1/2 c. Fruit 2"x2"Gelatin/Wh. Topping 8 oz. Low Fat Milk	4 oz. Meatballs/Gravy 1/2 c. Mashed Potatoes 1/2 c. Beets Bread/Margarine 2"x2" Angel Food Cake w/Fruit Sc 8 oz. Low Fat Milk	5 oz. Baked Chicken 1/2 c. Potato Salad 1/2 c. Mixed Vegetables Bread/Margarine 1/2 c. Fresh Melon Cubes 8 oz. Low Fat Milk
Monday, April 30	<p>GIFT CERTIFICATES for meals available at your site or purchase on line at our website: www.lssmn.org/nutrition</p>		<p>Supplemental Nutrition Assistance Program (SNAP or EBT/Food Stamps) payment is accepted in lieu of donation. Contact Site Manager for more information.</p>	
<p>3 oz. Hamburger 1/2 c. Oven Brown Potatoes 1/2 c. Creamed Corn Bun/Margarine 1/2 c. Rhubarb Sauce 8 oz. Low Fat Milk</p>				

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 & provides average of 700-800 calories. Diabetic, sodium and fat restricted menus available upon request.

MENU SUBJECT TO CHANGE.