

Lutheran Social Service

JUNE 2018

Senior Nutrition Program

<p>GIFT CERTIFICATES for meals available at your site or purchase on line at www.lssmn.org/nutrition Remember Dad... FATHERS DAY IS JUNE 17</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>Friday, June 1 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</p>
<p>Monday, June 4 3 oz. Swiss Steak 1/2c.Buttered Boiled Potatoes 1/2 c. Corn Bread/Margarine 1/2 c. Pineapple 8 oz. Low Fat Milk</p>	<p>Tuesday, June 5 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</p>	<p>Wednesday, June 6 8 oz. Mandarin Chicken Salad 1/2 c. Fresh Fruit 1/2 c. Tomato Cucumber Salad Margarine Muffin 8 oz. Low Fat Milk</p>	<p>Thursday, June 7 4 oz. Pork Chop/Gravy 1/2 c. Whole Potatoes 1/2 c. Green Bean Bake Dinner Roll/Margarine 2"x2" Fruit Crisp 8 oz. Low Fat Milk</p>	<p>Friday, June 8 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</p>
<p>Monday, June 11 6 oz. Chicken Tetrazzini 1/2 c. Broccoli 1/2 c. Cole Slaw Bread/Margarine 1/2 c. Tropical Fruit 8 oz. Low Fat Milk</p>	<p>Tuesday, June 12 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</p>	<p>Wednesday, June 13 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</p>	<p>Thursday, June 14 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</p>	<p>Friday, June 15 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</p>
<p>Monday, June 18 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>	<p>Tuesday, June 19 Taco Salad: 3ozTaco Meat 1/2oz.Cheese,2 Tbsp Salsa 1c.Shred lettuce&chopped Tomatoes 1Tb.Sour Crm, Dinner Roll/Marg 1/2 c. Fresh Fruit, 2"x2" Bar 8 oz. Low Fat Milk</p>	<p>Wednesday, June 20 6oz.Chicken in Cream Sauce 1/2 c. Mashed Potatoes 1/2 c. Peas Bread/Margarine 2"x2" Cream Puff Dessert 8 oz. Low Fat Milk</p>	<p>Thursday, June 21 3 oz. Pork Loin 1/2 c. Buttered Boiled Potatoes 1/2 c. Creamed Carrots Bread/Margarine 2"x2"Poke Cake 8 oz. Low Fat Milk</p>	<p>Friday, June 22 4 oz. Italian Meat Sauce 4 oz. Spaghetti Noodles 1/2 c.Lettuce/Drsg/1/2c Gr.Beans Garlic Bread/Margarine 1/2 c. Ice Cream 8 oz. Low Fat Milk</p>
<p>Monday, June 25 3 oz. Salisbury Steak 1/2 c. Mashed Potatoes 1/2 c. Mixed Vegetables Bread/Margarine 1/2 c. Pineapple 8 oz. Low Fat Milk</p>	<p>Tuesday, June 26 3 oz. BBQ Pork 1/2 c. Potato Salad 1/2 c. Cauliflower Bun/Margarine 2"x2" Fruit Crisp 8 oz. Low Fat Milk</p>	<p>Wednesday, June 27 6 oz. Baked Rigatoni & Beef 1/2 c. Corn 1/2 c. Fruit Salad Bread/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk</p>	<p>Thursday, June 28 4 oz. Pub House Fish 1/2c. Macaroni & Cheese 1/2 c. Peas & Carrots 1/2 c. Pears 2"x2" Raspberry Parfait Dessert 8 oz. Low Fat Milk</p>	<p>Friday, June 29 3 oz. Chicken Salad 1/2 c. Marinated Veg Salad 1/2 c. Fresh Fruit Bun/Margarine 2"x2" Blondie 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.