

# LSS DINERS CLUB SAMPLE MENU

Available Monday-Sunday during business hours  
with the use of Diners Club Cards

Coffee and Gratuity not included.  
No substitutions, please.

**Breakfast Dining**  
6:00 a.m.-11:00 a.m.

1. One pancake, syrup, margarine, one egg, two sausages, ½ cup fruit, 4 oz. fruit/vegetable juice, 8 oz. milk.
2. One slice french toast, syrup, margarine, one egg, two sausages, ½ cup fruit, 4 oz. fruit/vegetable juice, 8 oz. milk.
3. One egg, 4 oz. hashbrowns, 2 sausages, toast with margarine, 4 oz. fruit/vegetable juice, 8 oz. milk
4. Two egg, ham, and cheese omelet, toast with margarine, ½ cup fruit, 4 oz. fruit/vegetable juice, 8 oz. milk.
5. One egg, one slice ham, toast with margarine, ½ cup fruit, 4 oz. fruit/vegetable juice, 8 oz. milk.

**Choice of toast: whole wheat, white or rye.**

**All meals include:  
3 oz. meat/meat alternate  
1 cup fruit/vegetable  
bread & margarine  
½ cup dessert  
8 oz. low fat milk**

This program is provided by Lutheran Social Service of MN and funded through the Older Americans Act which is administered by the Minnesota Board on Aging with contract through the Area Agency on Aging. Meals provided meet 1/3 Recommended Dietary Allowance.

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Luncheon Dining  
11:00 a.m. to closing

1. ½ Hot meat sandwich, vegetable of the day, ½ cup fruit, ½ cup dessert, 8 oz. milk.
2. Crunchy cod (2 pieces), ½ cup mashed potatoes, ½ cup vegetable of the day, dinner roll and margarine, ½ cup dessert, 8 oz. milk.
3. Cup of soup, ½ sandwich with lettuce and tomato (egg salad, tuna salad, ham and cheese), ½ cup dessert, 8 oz. milk.
4. Cup of soup, California hamburger on a bun, ½ cup dessert, 8 oz. milk.
5. Chicken strips (2), mashed potatoes and gravy, vegetable of the day, dinner roll and margarine, ½ cup dessert, 8 oz. milk.
6. Small daily board special, ½ cup dessert, 8 oz. milk.

All meals include:  
3 oz. meat/meat alternate  
1 cup fruit/vegetable  
bread & margarine  
½ cup dessert  
8oz. low fat milk

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