



LSS Meals to Go

Seasonal favorites menu and order form








Enjoy our fall and winter seasonal favorites

Each menu item is thoughtfully crafted by a licensed dietitian and cooked locally with simple, fresh ingredients. Meals are carefully portioned with a balance of proteins, carbohydrates and spices that can meet your dietary needs and taste great.

These meals are not in addition to the 14 meals included on the LSS Meals to Go Menu and count towards the total amount.



MEALS Fall and winter seasonal favorites	Carbohydrates (grams)	Qty.
Baked Ham served with butternut squash and cranberry pear sauce.	68 g	
Chicken Wild Rice Soup served with a biscuit and raspberry peaches.	52 g	
Sloppy Joe served with baked beans and rosemary potatoes.	86 g	
Three Bean Casserole served with squash and emerald pears.  	44 g	
Tuna Casserole served with peas, carrots and emerald pears. 	46 g	

 Reduced sodium meals are 600 mg of sodium or less.  Diabetic friendly meals are 45 g of carbs or less.

Date _____

First Name _____ Last Name _____

Please note that side items are subject to change.

