





Lutheran Social Service

FEBRUARY 2012

Senior Nutrition Program

 		Wednesday, Feb. 1	Thursday, Feb. 2	Friday, Feb. 3
		<p>Monday, Feb. 6</p> <p>6 oz. Hamburger Tomato Cass. 1/2 c. Scandanavian Blend Veg. 1/2 c. Mandarin Orange Whip Bread/Margarine Peanut Butter Cookie 8 oz. Low Fat Milk 810 calories</p>	<p>Tuesday, Feb. 7</p> <p>5 oz. Oven Fried Chicken 1/2 c. Mashed Potatoes/Gravy 1/2 c. Creamed Corn Dinner Roll/Margarine 1/2 c. Fruit Cocktail 8 oz. Low Fat Milk 735 calories</p>	<p>Wednesday, Feb. 1</p> <p>4 oz. Italian Meat Sauce 4 oz. Spaghetti Noodles 1/2 c. Lettuce Salad/Drsg. 1/2 c. Mixed Vegetables Garlic Bread/8 oz. Low Fat Milk 1/2 c. Ice Cream 845 calories</p>
<p>Monday, Feb. 13</p> <p>4 oz. Sloppy Joe 1/2 c. Hash Browns 1/2 c. Baked Beans Bun/Margarine 1/2 c. Pineapple 8 oz. Low Fat Milk 850 calories</p>	<p> 3oz. Chicken Breast/Cream Sc 1 med. Baked Potato/1/2c Carrots Dinner Roll/Margarine 2"x2" Gelatin Poke Cake 8 oz. Low Fat Milk 890 calories</p>	<p>Wednesday, Feb. 8</p> <p>8 oz. Chicken Vegetable Soup 2 1/2 oz Roast Beef Sandwich 1/2 c. Cole Slaw Crackers/Margarine 2"x2" Blondie Bar 8 oz. Low Fat Milk 830 calories</p>	<p>Thursday, Feb. 9</p> <p>3 oz. Roast Pork 1/2 c. Mashed Potatoes/Gravy 1/2 c. California Blend Veg. Bread/margarine 2"x2" Cream Puff Dessert 8 oz. Low Fat Milk 840 calories</p>	<p>Friday, Feb. 10</p> <p>3 oz. Salisbury Steak 1/2 c. Parslised Whole Potatoes 1/2 c. Squash Bread/Margarine 1/2 c. Blushing Pears 8 oz. Low Fat Milk 810 calories</p>
<p>Monday, feb. 20</p> <p>4 oz. Swedish Meatballs 1/2 c. Paprika Potatoes 1/2 c. Green Beans Bread/Margarine 1/2 c. Ice Cream 8 oz. Low Fat Milk 840 calories</p>	<p>Tuesday, Feb. 21</p> <p>4 oz. BBQ Pork Chop 1/2 c. Scalloped Potatoes 1/2 c. Mixed Vegetables Bread/Margarine 1/2 c. Pears 8 oz. Low Fat Milk 795 calories</p>	<p>Wednesday, Feb. 15</p> <p>4 oz. Beef Stroganoff 1/2 c. Noodles/1/2 c. Broccoli 1/2 c. Tropical Fruit Salad Bread/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk 840 calories</p>	<p>Thursday, Feb. 16</p> <p>3 oz. Turkey 1/2c. Mashed Potatoes/Gravy 1/2 c. Green Beans Cranberry Sc. Garnish/Bread/Marg 2"x2" Apple Bar 8 oz. Low Fat Milk 860 calories</p>	<p>Friday, Feb. 17</p> <p>3 oz. Liver or Pepper Steak 1/2 c. Buttered Boiled Potatoes 1/2 c. Peas Bread/Margarine 1/2 c. Peaches 8 oz. Low Fat Milk 850 calories</p>
<p>Monday, Feb. 27</p> <p>8 oz. Tator Tot Casserole 1/2 c. Green Beans 1/2 c. Fruit Salad Bread/Margarine 2"x2" Rice Krispie Bar 8 oz. Low Fat Milk 835 calories</p>	<p>Tuesday, Feb. 28</p> <p>3 oz. Roast Pork 1/2 c. Mashed Potatoes/Gravy 1/2 c. Peas Bread/Margarine 1/2 c. Apricots 8 oz. Low Fat Milk 780 calories</p>	<p>Wednesday, Feb. 22</p> <p>4 oz. Salmon Loaf 1/2 c. Mashed Potatoes 1/2 c. Creamed Peas Bread/Margarine 2"x2" Brownie 8 oz. Low Fat Milk 845 calories</p>	<p>Thursday, Feb. 23</p> <p>8 oz. Chicken Chow Mein 1/3cRice/Chow Mein Noodles 1/2 c. Oriental Vegetables 1/2 c. Mandarin Orange Gelatin Cookie 8 oz. Low Fat Milk 740 calories</p>	<p>Friday, Feb. 24</p> <p>8 oz. Creamy Vegetable Soup 3 oz. Egg Salad on Bun 1/2 c. Three Bean Salad Crackers/Margarine 2"x2" Brownie 8 oz. Low Fat Milk 865 calories</p>
		<p>Wednesday, Feb. 29</p> <p>6 oz. Lasagna 1/2 c. California Blend Veg. 1/2 c. Lettuce Salad/Dressing Garlic Bread/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk 845 calories</p>		<p></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