


Lutheran Social Service

JANUARY 2019

Senior Nutrition Service

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|  | Tuesday, January 1 5 oz. Chicken w Marinara Sc. 1/2 c. Noodles/1/2cBroccoli 1/2 c. Fruit Cup Margarine 1/2 c. Pudding 8 oz. Low Fat Milk | Wednesday, January 2 3 oz. Salisbury Steak 1/2c. Parsied Whole Potatoes 1/2 c. Squash Bread/Margarine 1/2 c. Blushing Pears 8 oz. Low Fat Milk | Thursday, January 4 3 oz. Roast Turkey 1/2c. Mashed Potatoes/Gravy 1/2 c. Green Beans Cranberry Sc. Garnish/Brd/Mar 2"x2" Pumpkin Dessert 8 oz. Low Fat Milk | Friday, January 5 6 oz. Hamburger Tomato Casserole 1/2 c Pineapple 1/2 c. Corn Bread/Margarine 2"x2" Bar 8 oz. Low Fat Milk |
| | Monday, January 7 8oz.Creamy Vegetable Soup 2 1/2 oz. Turkey Sandwich 1/2 c. Peaches Crackers/Margarine Cookie 8 oz. Low Fat Milk | Tuesday, January 8 3 oz. Liver or Pepper Steak 1/2c. Buttered Boiled Potatoes 1/2 c. Carrots Bread/Margarine 2"x2" Fruit Crisp 8 oz. Low Fat Milk | Wednesday, January 9 3 oz. Roast Beef 1/2 c. Mashed Potatoes 1/2 c. Peas Dinner Roll/Margarine 2"x2" Pudding Dessert 8 oz. Low Fat Milk | Thursday, January 10 6 oz. Chicken Lasagna 1/2 c. Tropical Fruit 1/2 c. Broccoli Raisin Salad Garlic Bread/Margarine 2"x2" Bar 8 oz. Low Fat Milk |
| Monday, January 14 6 oz. Rigatoni with Beef 1/2 c. Green Beans 1/2 c. Cinnamon Apples Bread/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk | Tuesday, January 15 4 oz. BBQ Pork Chop 1/2 c. Sweet Potatoes 1/2 c. Winter Blend Veget. Bread/Margarine 1/2 c. Pears 8 oz. Low Fat Milk | Wednesday, January 16 4 oz. Meatloaf/Catsup 1/2 c. Whole Red Potatoes 1/2 c. Creamed Corn Bread/Margarine 1/2 c. Mandarin Oranges 8 oz. Low Fat Milk | Thursday, January 17 5 oz. Oven Crispy Chicken 1/2 c. Mashed Potatoes/Gravy 1/2 c. Carrots Dinner Roll/Margarine 2"x2" Poke Cake 8 oz. Low Fat Milk | Friday, January 18 8 oz. Meaty Beef Stew with Carrots & Potatoes 1/2 c. Cole Slaw Biscuit/Margarine 2"x2" Cheesecake 8 oz. Low Fat Milk |
| Monday, January 21 3 oz. Swiss Steak 1/2 c. Mashed Potatoes 1/2 c. Peas & Carrots Bread/Margarine 1/2 c. Pineapple 8 oz. Low Fat Milk | Tuesday, January 22 5oz. Honey Mustard Chicken Brst Baked Potato/Sr. Crm 1/2 c. Green Bean Casserole Bread/Margarine 2"x2" Cake 8 oz. Low Fat Milk | Wednesday, January 23 6 oz. Lasagna 1/2 c. California Blend Veg. 1/2 c. Spiced Pears Garlic Bread/Margarine Cookie 8 oz. Low Fat Milk | Thursday, January 24 3 oz. Pork Loin/gravy 1/2 c. Whole Red Potatoes 1/2 c. Buttered Cabbage Dinner Roll/Margarine 2"x2" Fruit Crisp 8 oz. Low Fat Milk | Friday, January 25 4oz. Pub House Fish/Tartar Sc. 1/2 c. AuGratin Potatoes 1/2 c. Mixed Vegetables Bread/Margarine 1/8 slice Pie 8 oz. Low Fat Milk |
| Monday, January 28 8 oz. Chili 1/2 c. Lettuce/Drsg 2 oz. Cheese Sandwich Bun/Margarine/Crackers 1/2 c. Sherbet 8 oz. Low Fat Milk | Tuesday, January 29 3 oz. Egg Bake w/Sausage or Ham 1/2 c. Oven Baked Potatoes 1/2 c. Fruit Cocktail Bread/Margarine Coffeecake 8 oz. Low Fat Milk | Wednesday, January 30 6 oz. Chicken Chow Mein 1/2c.Rice/Chow Mein Noodles 1/2 c. Oriental Vegetables 1/2 c. Mandarin Orange Gelatin 2"x2" Brownie 8 oz. Low Fat Milk | Thursday, January 31 4 oz. Meatballs/Gravy 1/2 c. Whole Potatoes 1/2 c. Squash Bread/Margarine 2"x2" Lemon Sponge Cake 8 oz. Low Fat Milk | Supplemental Nutrition Assistance Program (SNAP or EBT/Food Stamps) payment is accepted. Call the site for other menu choices that may be available. |

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

MENU SUBJECT TO CHANGE

Posted menu is regular diet. Diabetic, sodium, and fat restricted diets available upon request. Regular menu provides average of 700-800 calories.