

Lutheran Social Service

April 2021

Senior Nutrition Services



				Thursday, April 1st	Friday, April 2nd
				BBQ Pork Bun	Chicken Fried Steak w gravy
				Coleslaw	Mashed Potato
				Fresh Fruit	Carrots
				Jello w/ whip topping	Dessert
				Low Fat Milk	Low Fat Milk
Monday, April 5th	Tuesday, April 6th	Wednesday, April 7th	Thursday, April 8th	Friday, April 8th	
Pork Loin	Ham	Taco Salad	Spaghetti	Baked Fish	
Candi Yam	Scalloped Potato	salsa / sour cream	Lettuce Salad w/ dressing	Brown Rice	
Broccoli	Peas	corn chips	Fruit	Oriental Blend	
Bread/ Margarine	Bread/ Margarine	Fresh Fruit	Dessert	Peaches	
Bar	Dessert	Dessert	Low Fat Milk	Lowfat Milk	
Low Fat Milk	Low Fat Milk	Low Fat Milk			
Monday, April 12th	Tuesday, April 13th	Wednesday, April 14th	Thursday, April 16th	Friday, April 17th	
Chicken & Noodle Casserole	Vegetable Soup / crackers	Chicken Ala king	Tater Tot Casserole	Turkey w/ gravy	
Mixed Vegetables	Meat sandwich	Biscuit	Green Beans	Mashed Potato w/ gravy	
Peaches	Tomato & Cucumber Salad	Carrots	Bread / Margarine	Squash	
Cookie	Brownie	Pears	Peaches	Dinner roll / Margarine	
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Cake w/ frosting	
				Low Fat Milk	
Monday, April 19th	Tuesday, April 20th	Wednesday, April 21st	Thursday, April 22nd	Friday, April 23rd	
Baked Chicken	Goulash	Chef Salad	Swedish Meatballs	Fish square on Bun	
Au Gratin Potatoes	Broccoli	Crackers	Mashed Potatoes	Potato Salad	
Peas	Tropical Fruit	Creamy Fruit Salad	Carrots	Calico Beans	
Dinner Roll w/ Margarine	Bread/ Margarine	Cake w/ frosting	Bread/ Margarine	Tartar Sauce	
Bar	Low Fat Milk	Low Fat Milk	Jello w/ whip topping	Dessert	
Low Fat Milk			Low Fat Milk	Low Fat Milk	
Monday, April 26th	Tuesday, April 27th	Wednesday, April 28th	Thursday, April 29th	Friday, April 30th	
Sub Sandwich	Kielbasa	Beef Roast w/ gravy	Sloppy Joe on a Bun	Chicken Alfredo	
Peas & Cheese salad	Mashed Potato	Mashed Potato w/ gravy	Broccoli salad	Mixed Vegetables	
Fruit	Sauerkraut	California Normandy	Baked Beans	Mandarin Oranges	
Cookie	Dinner roll w/ Margarine	Bread/ Margarine	Cookie	Rice Krispie Bar	
Low Fat Milk	Dessert	Bar	Low Fat Milk	Low Fat Milk	
	Low Fat Milk	Low Fat Milk			

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 Donna Dunlap RD,LD**

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

*If you are interested in learning about the Supplemental Nutrition Assistance Program, please call 1-800-488-4146. SNAP or EBT Payment is accepted