



	Tuesday, August 1	Wednesday, August 2	Thursday, August 3	Friday, August 4
	Turkey Noodle Casserole 8oz	Meatloaf 5x5	Baked Fish 1 each	BBQ Pork 4oz
	Broccoli 1/2c	Baked Potato w/SC 1 each	Rice Pilaf 1/2c	Bun 1 each
	Cinn Apple Slices 1/2c	Corn 1/2c	California Normandy Veg 1/2c	Cole Slaw 1/2c
	Dinner Roll w/Margarine 1 each	Bread w/Margarine 1 each	Applesauce 1/2c	Pineapple 1/2c
	Low Fat Milk 8oz	Dessert 2x3 or 1/2c	Dessert 2x3 or 1/2c	Low Fat Milk 8oz
		Low Fat Milk 8oz	Low Fat Milk 8oz	
Monday, August 7	Tuesday, August 8	Wednesday, August 9	Thursday, August 10	Friday, August 11
Salisbury Steak 1 each w/Gravy	Baked Chicken 3oz	Taco Salad 4oz /8oz	Chicken Salad 4oz	Smothered Pork Loin 3oz
Mashed Potatoes 1/2c w/Gravy	Baked Potato w/SC 1 each	Salsa 2oz/Sour Cream 1oz	Sandwich 1 each	Scalloped Potatoes 1/2c
Green Beans 1/2c	Peas 1/2c	Corn Chips 1pkg	Cucumber and Tomato Salad 1/2c	Carrots 1/2c
Dinner Roll w/Margarine 1 each	Bread w/Margarine 1 each	Apple 1each	Tropical Fruit 1/2c	Bread w/Margarine 1 each
Orange 1 each	Dessert 2x3 or 1/2c	Dessert 2x3 or 1/2c	Low Fat Milk 8oz	Dessert 2x3 or 1/2c
Low Fat Milk 8oz	Low Fat Milk 8oz	Low Fat Milk 8oz		Low Fat Milk 8oz
Monday, August 14	Tuesday, August 15	Wednesday, August 16	Thursday, August 17	Friday, August 18
Parmesan Chicken 1 each	Tater Tot Casserole 5x5	Ham Pasta Salad 8oz	Turkey & Gravy over 4oz	Sweet and Sour Meatballs 3oz
Green Beans 1/2c	Mixed Vegetables 1/2c	Creamy Cucumbers 1/2c	Mashed Potatoes 1/2c	Brown Rice 1/2c
Fruit Cocktail 1/2c	Warm Peaches 1/2c	Cantaloupe 1/2c	Peas and Carrots 1/2c	Carrots 1/2c
Bread Stick 1 each	Dinner Roll w/Margarine 1 each	Dessert 2x3 or 1/2c	Dinner Roll w/Margarine 1 each	Bread w/Margarine 1 each
Low Fat Milk 8oz	Low Fat Milk 8oz	Low Fat Milk 8oz	Warm Fruit Crisp 1/2c	Dessert 2x3 or 1/2c
			Low Fat Milk 8oz	Low Fat Milk 8oz
Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
Chef Choice Entrée 3oz	Pasta 4oz w/Meat Sauce 4oz	Teriyaki Chicken 4oz	Pork Loin 3oz	Chicken Pasta Salad 8oz
Vegetable 1/2c	Romaine Salad 1c w/Dressing 1 each	Rice 1/2c	Yams 1/2c	Sliced Cucumbers 1/2c
Vegetable/Fruit 1/2c	Pineapple 1/2c	Carrots 1/2c	Broccoli 1/2c	Fruit Salad 1/2c
Bread w/Margarine 1 each	Texas Toast 1 each	Pineapple 1/2c	Bread w/Margarine 1 each	Dessert 2x3 or 1/2c
Dessert 2x3 or 1/2c	Cookie 1 each	Low Fat Milk 8oz	Dessert 2x3 or 1/2c	Low Fat Milk 8oz
Low Fat Milk 8oz	Low Fat Milk 8oz		Low Fat Milk 8oz	
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	<h2 style="color: red; text-align: center;">August 2023</h2> <p style="text-align: center; color: red;"><b>LSS Meals   Traditional Older Adult Menu</b></p>
Goulash 8oz	Biscuit 1each	Sloppy Joe 4oz	Roasted Turkey w/Gravy 4oz	
Corn 1/2c	Sausage Gravy 4oz	Bun 1 each	Mashed Potatoes 1/2c	
Tropical Fruit 1/2c	Roasted Potatoes 1/2c	Au Gratin Potatoes 1/2c	Green Beans 1/2c	
Bread w/Margarine 1 each	Cinn Apple Slices 1/2c	Baked Beans 1/2c	Dinner Roll w/Margarine 1 each	
Low Fat Milk 8oz	Dessert 2x3 or 1/2c	Fresh Fruit 4oz	Dessert 2x3 or 1/2c	
	Low Fat Milk 8oz	Low Fat Milk 8oz	Low Fat Milk 8oz	

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. The posted menu is for a traditional diet. Diabetic friendly, reduced sodium and fat restricted diet menus are available upon request. The traditional menu provides an average of 700-800 calories per meal.

If you are interested in learning about the Supplemental Nutrition Assistance Program (SNAP), please call 800.488.4146.

Menu is subject to change.  
Approved by Donna Dunlap RD,LD  
Snap or EBT Payment is Accepted