Lutheran Social Service

NOVEMBER 2019

Senior Nutrition Services

Supplemental Nutrition Assistance Program (SNAP or EBT/Food Stamps) payment is accepted.

Call the site for other menu choices that may be available.

GIFT CERTIFICATES for meals are the perfect HOLIDAY GIFT! Purchase on line at our website: www.lssmn.org/nutrition or at a local site.

Friday, November 1
4oz Hamburger Goulash
4 oz. Elbow Noodles
1/2 c Cauliflower
Garlic Bread/Margarine
1/2 c. Peaches
8 oz. Low Fat Milk

Monday, November 4	Tuesday, November 5	Wednesday, November 6	Thursday, November 7	Friday, November 8
6 oz.Creamed Chicken	3 oz. Hamburger	Chef's Choice	6 oz. Beef Stroganoff	3 oz. Pork Chop/Gravy
1/2 c. Mashed Potatoes	1/2 c. Baked Beans	Choice Potates	1/2c.Noodles	1/2 c. Whole Potatoes
1/2 c. Country Blend Vegatable	1/2 c. Cole Slaw	Choice Vegtable	1/2 c. Mandarin Oranges	1/2 c. Carrots
1/2 c. Fruit Cup	Bun/Margarine	Bread/Margarine	1/2 C. Mixed Vegatable	Dinner Roll/Margarine
1/2 c. Pudding	2"x2" Oatmeal Cookie	Choice Dessert	2"x2" Cake	1/2 c. Lemon Mousse
8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk
Monday, November 11	**Tuesday, November 12**	**Wednesday, November 13**	**Thursday, November 14**	**Friday, November 15**
4 oz. BBQ Pork	5 oz. Chicken w Creamy Mushroom	3 oz. Salisbury Steak	8 oz Tator Tot Hotdish	Chef's Choice
1/2 c. Scalloped Potatoes	1/2 c. Noodles	1/2c. Parlsied Whole Potatoes	1/2 c. Broccoli Raisin Salad	Choice Potato
1/2 C. Peas	1/2c. Broccoli	1/2 c. Squash	Mixed Vegetables	Choice Vegetable
Bun/Margarine	1/2 Fruit Cocktail	Bread/Margarine	Garlic Bread/Margarine	Bread/Margarine
Patriotic Poke Cake	1/2 c. Pudding	1/2 c. Blushing Pears	2"x2" Bar	Choice Dessert
8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk
Monday, November 18	**Tuesday, November 19**	**Wednesday, November 20**	**Turkey Dinner**	**Friday, November 22**
Fish Sandwich	3 oz. Roast Beef	4oz. Honey Mustard Chicken Brst	3 oz. Roast Turkey	4 oz. Swedish Meatballs
Bun/Margarine	1/2 c. Mashed Potatoes	Baked Potato/Sr. Crm	1/2c. Mashed Potatoes/Gravy	1/2 c. Paprika Potatoes
1/2 c. Coleslaw	1/2 c. Peas	1/2 c. Beets	1/2 c. Green Bean Casserole	1/2 c. Country Blend Veg
Fresh Fruit	Dinner Roll/Margarine	Bread/Margarine	Cranberry Sc. Garnish/Brd/Marg	Bread/Margarine
Cookie	Fruit Crisp w/Whipped Topping	2"x2" Cake	2"x2" Pumpkin Dessert	1/2 c. Ice Cream
8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk
Monday, November 25	**Tuesday, November 26**	**Wednesday, November 27**	**Thursday, November 28**	**Friday, November 29**
6 oz. Rigatoni with Beef	4 oz Baked Ham w/Raisin Sauce	4 oz. Meatloaf/Ketchup		Lemon Pepper Fish
1/2 c. Green Beans	Au Gratin Potatoes	1/2 c. Whole Red Potatoes		Baked Potato/Sr. Crm.
1/2 c. Cinnamon Apples	1/2 c. Winter Blend Veget.	1/2 c. Stewed Tomatoes		1/2 c. Carrot Coins
Bread/Margarine	Bread/Margarine	Bread/Margarine		Dinner Roll/Margarine
1/2 c. Pudding	Lime Jello with Pears	1/2 c. Mandarin Oranges		2"x2" Cheesecake
8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk		8 oz. 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 throught the Minnesota Board on Aging.
Additional funds are provided by the State of Minnesota, United Ways, local communities, and other adult contributions. Approved by: Vanessa Berg, MS CDE RD **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.