

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
Chicken Fried Steak	Pork Loin	Goulash	Chef's Choice	Liver or Pepper Steak
Mashed Potatoes w/Gravy	Candi Yam	Mixed Green Salad w/ Dressing	Vegetable	Mashed Potatoes
Mixed Vegetables	California Normandy Veg	Tropical Fruit	Fruit	Stewed Tomatoes
Dinner Roll/Margarine	Bread/Margarine	Bread/Margarine	Grain	Dinner Roll/Margarine
Dessert	Bar	Pudding	Dessert	Dessert
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
Parmesan Chicken	Creamy Swedish Meatballs	Turkey Noodle Casserole	Roast Beef w/Gravy	Lemon Pepper Fish
Green Beans	Mashed Potatoes	Broccoli Florets	Baked Potato w/Sour Cream	Scalloped Potatoes
Fruit Cocktail	Carrots	Cinnamon Baked Apple Slices	Corn	Mixed Green Salad w/Dressing
Bread Stick	Bread/Margarine	Dinner Roll/Margarine	Peaches	Dinner Roll/Margarine
Dessert	Pudding	Cookie	Bread/Margarine	Banana or Fresh Fruit
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
Salisbury Steak w/Gravy	Tater Tot Casserole	Chicken Wild Rice Soup	Pulled Pork on Bun	Turkey Alfredo w/Pasta
Baked Potato w/Sour Cream	Green Beans	Broccoli Florets	Butternut Squash	Carrots
Peas and Carrots	Peaches	Fruit Cocktail	Romaine Salad w/Dressing	Pears
Bread/Margarine	Dinner Roll/Margarine	Bread Stick	Pineapple Chunks	Garlic Bread Stick
Tropical Fruit	Bar	Jello	Cookie	Dessert
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
Pizza Casserole	Biscuit w/Sausage Gravy	Teriyaki Chicken	Sloppy Joe on Bun	Baked Fish
Green Beans	Roasted Potatoes	Brown Rice	Potato Wedges	Macaroni and Cheese
Applesauce	Cinnamon Apple Slices	Peaches	Vegetarian Baked Beans	California Normandy Veg
Garlic Bread Stick	Dessert	Romaine Salad w/Dressing	Banana or Fresh Fruit	Pears
Low Fat Milk	Low Fat Milk	Bar	Cookie	Jello w/Whipped Topping
		Low Fat Milk	Low Fat Milk	Low Fat Milk
Monday, May 29	Tuesday, May 30	Wednesday, May 31	 May 2023 LSS Meals Traditional Older Adult Menu	
	Meatloaf	Pasta in Meat Sauce		
Memorial	Baked Potato w/Sour Cream	Romaine Salad w/Dressing		
Day	Pears	Pineapple Chunks		
	Bread/Margarine	Bread Stick		
Closed	Bar	Dessert		
	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.

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.