

Lutheran Social Service

September 2020

Senior Nutrition Services

	Tuesday, September 1	Wednesday, Sept 2	Thursday, September 3	Friday, September 4
	3 oz Ginger Citrus Chicken	3 oz. Country Steak/Country Gravy	3 oz Roast Turkey/Gravy	6 oz Pizza Casserole
	1/2c Brown Rice	1/2 c. Whole Potatoes	1/2c Mashed Potatoes	1/2c Green Beans
	1/2c Oriental Vegetable	1/2 c. Squash	1/2c Broccoli Florets	1/2c Peach Halves
	1/2c Pear Halves	Bread/Margarine	Dinner Roll/Margarine	Breadstick
	1/2c Fruit Crisp	1/2 c. Mandarin Oranges	Cookie	1/2c Chocolate Pudding
	8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk	8 oz. Low Fat Milk
Monday, September 7	Tuesday, September 8	Wednesday, Sept 9	Thursday, September 10	Friday, September 11
	Taco Salad: 3ozTaco Meat	3 oz Liver or Pepper Steak	Chef's Choice	6 oz Beef Stew
	1 oz.Cheese,2 Tbsp Salsa	1/2 c Buttered Boiled Potatoes	1/2c Vegetable	1c Lettuce Salad
	1c.Shred lettuce & Tomatoes	1/2c Baby Carrots	1/2c Fruit or Vegetable	Corn Bread Muffin
	1Tb.Sour Crm, Corn Chips	Bread/Margarine	Bread	1/2c Mandarin Oranges
	1/2c. Fruited Jello	2x3 Poke Cake	1/2c 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, September 14	Tuesday, September 15	Wednesday, Sept 16	Thursday, September 17	Nat'l Cheeseburger Day
4 oz Salisbury Steak	4 oz Pork Loin	8 oz. Tomato Basil Soup	4oz Baked Fish	Cheeseburger
1/2c Mashed Potatoes/Gravy	1/2 c. Mashed Potatoes/Gravy	3 oz Egg Salad on Bun	1/2c Potato Wedges	1/2c.Creamy Cucumber Salad
1/2c Lettuce Salad	1/2c Green Peas	1/2 c. Fruit Salad	1/2c Buttered Beets	1/2 c. Fresh Fruit
1/2c Sliced Peaches	1/2c Tropical Fruit Salad	Crackers/Margarine	1 eachDinner Roll/Margarine	Bun/Margarine
Cookie	2"x2" Bar	2"x2" Fruit Crisp	1/2c Sherbet	2"x2" Bar
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, September 21	Tuesday, September 22	Wednesday, Sept 23	Nat'l Cherries Jubilee Day	Friday, September 25
4x4 Egg Bake w/Sausage	3 oz. Chicken Salad	6 oz Chicken and Rice	6 oz Hamburger Goulash	4 oz Meatloaf
1/2c Cheesy Hashbrown	1/2 c. Marinated Veg. Salad	1/2c Candied Carrots	1c Lettuce Salad	Baked Potato w/S.cream
1/2c Green Peas	1/2 c. Fresh Fruit	Choice Fruit	1/2c Pineapple Chunks	1/2c Stewed Tomatoes
2"x2" Coffecake	Bun/Margarine	Dinner Roll	Garlic Breadstick	1/2c Tropical Fruit Salad
1/2 c Jello	2"x2" Blondie	1/2 c. Sherbet	Choice Cherry Dessert	2"x2" Bar
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, September 28	Tuesday, September 29	Wednesday, Sept 30	<p>September is National CHICKEN Month!</p> 	
6oz Choice Soup	4 oz Swedish Meatballs	3 oz Pub Fish		
1/2 Meat Sandwich	1/2c Mashed Potato	1/2c Scalloped Potatoes		
1/2c Choice Vegetable	1/2c California Blend	1/2c Green Beans		
1/2c Choice Fruit	Dinner Roll	Corn Muffin		
Cookie	1/2 c Fruited Jello	2x2 Brownie		
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 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: Vanessa Berg, MS LRD CDI **MENU SUBJECT TO CHANGE.**