



March 2023

		Wednesday, March 1	Thursday, March 2	Friday, March 3
		Turkey Noodle Casserole	Roast Beef w/ Gravy	Salmon Loaf
		Broccoli Florets	Mashed Potatoes	Creamed Peas
		Cinnamon Baked Apple Slices	Corn	Roasted Potatoes
		Dinner Roll/ Margarine	Peaches	Bread/ Margarine
		Cookie	Bread/ Margarine	Cake
		Low Fat Milk	Low Fat Milk	Low Fat Milk
LSS Meals Traditional Older Adult Menu				
Monday, March 6	Tuesday, March 7	Wednesday, March 8	Thursday, March 9	Friday, March 10
Salisbury Steak w/ Gravy	Tater Tot Casserole	Chicken Wild Rice Soup	Pulled Pork on Bun	Beef Lasagna
Baked Potato w/ Sour Cream	Green Beans	Broccoli Florets	Butternut Squash	Carrots
Peas and Carrots	Peaches	Pears	Romaine Salad w/ Dressing	Fruit Cocktail
Bread/ Margarine	Dinner Roll/ Margarine	Bread Stick	Pineapple Chunks	Garlic Bread Stick
Dessert	Bar	Jello	Cookie	Dessert
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
Monday, March 13	Tuesday, March 14	Wednesday, March 15	Thursday, March 16	Friday, March 17
Liver or Pepper Steak	Biscuits and Sausage Gravy	Ginger Citrus Chicken	Sloppy Joe on Bun	Smothered Pork Loin
Baked Potato w/ Sour Cream	Roasted Potatoes	Rice Pilaf	Potato Wedges	Boiled Potatoes and Cabbage
Stewed Tomatoes	Cinnamon Apple Slices	Peas and Carrots	Vegetarian Baked Beans	Carrots
Dinner Roll/ Margarine	Dessert	Peaches	Banana or Fresh Fruit	Dinner Roll/ Margarine
Dessert	Low Fat Milk	Bread/ Margarine	Cookie	Lime Jello w/ Whipped Topping
Low Fat Milk		Low Fat Milk	Low Fat Milk	Low Fat Milk
Monday, March 20	Tuesday, March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24
Egg Bake w/ Sausage	Meatloaf	Pasta in Meat Sauce	Roast Turkey/ Gravy	Baked Ham w/ Sauce
Oven Baked Potatoes	Baked Potato w/ Sour Cream	Romaine Salad w/ Dressing	Mashed Potatoes	Scalloped Potatoes
Carrots	Pears	Pineapple Chunks	California Normandy Veg	Peas and Carrots
Applesauce	Bread/ Margarine	Bread Stick	Bread/ Margarine	Dinner Roll/ Margarine
Coffee Cake	Bar	Dessert	Cookie	Pudding
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
Monday, March 27	Tuesday, March 28	Wednesday, March 29	Thursday, March 30	Friday, March 31
Chef's Choice	Chicken ala King	Goulash	Pork Loin	Lemon Pepper Fish
Vegetable	Peas and Carrots	Mixed Green Salad w/ Dressing	Candi Yam	Baked Potato w/ Sour Cream
Vegetable or Fruit	Pineapple Chunks	Tropical Fruit	Steamed Calif Norm Veg	Coleslaw
Grain	Brown Rice	Bread/ Margarine	Dinner Roll/ Margarine	Bread/ Margarine
Dessert	Jello w/ Whipped Topping	Dessert	Bar	Apple Brown Betty
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
<p>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.</p> <p>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.</p> <p>If you are interested in learning about the Supplemental Nutrition Assistance Program (SNAP), please call 800.488.4146.</p>				<p>Menu is subject to change.</p> <p>Approved by Donna Dunlap RD, LD SNAP or EBT payment is accepted.</p>