


Lutheran Social Service

FEBRUARY 2019

Senior Nutrition Service

<p>Supplemental Nutrition Assistance Program (SNAP or EBT/Food Stamps) payment is accepted.</p>	<p>GIFT CERTIFICATES for meals are the PERFECT GIFT! Purchase on line at our website: www.lssmn.org/nutrition or at a local site.</p>			<p>Friday, February 1 8 oz. Ham Boiled Dinner w/ Cabbage, Potatoes, Carrots 1/2 c. Peaches Cornbread /Margarine 2"x2" Bar 8 oz. Low Fat Milk</p>
<p>Call the site for other menu choices that may be available.</p>				
<p>Monday, February 4</p>	<p>Tuesday, February 5</p>	<p>Wednesday, February 6</p>	<p>Thursday, February 7</p>	<p>Friday, February 8</p>
<p>3 oz. Sloppy Joe 1/2 c. Potato Salad 1/2 c. Corn Bun/Margarine Cookie 8 oz. Low Fat Milk</p>	<p>4 oz. Salmon Loaf 1/2 c. Mashed Potatoes 1/2 c. Creamed Peas Dinner Roll/Margarine 1/8 slice Pie 8 oz. Low Fat Milk</p>	<p>5 oz. Baked Chicken Baked Potato/Sr. Crm. 1/2 c. Beets Bread/Margarine 2"x2" Apple Brown Betty 8 oz. Low Fat Milk</p>	<p>3 oz. Country Steak/Country Gravy 1/2 c. Mashed Potatoes 1/2 c. Seasoned Green Beans Bread/Margarine 2"x2" Fruit Cobbler 8 oz. Low Fat Milk</p>	<p>4 oz. Italian Meat Sauce 4 oz. Spaghetti Noodles 1/2 c. Lettuce/Drsg/1/2c Cauliflower Garlic Bread/Margarine 1/2 c. Spiced Peaches 8 oz. Low Fat Milk</p>
<p>Monday, February 11</p>	<p>Tuesday, February 12</p>	<p>Wednesday, February 13</p>	<p>Thursday, February 14</p>	<p>Friday, February 15</p>
<p>6 oz. Creamed Chicken 1/2c Rice Pilaf/1/2c Country Blend Veg 1/2 c. Fruit Cup Margarine 1/2 c. Pudding 8 oz. Low Fat Milk</p>	<p>3 oz. Hamburger 1/2 c. Baked Beans 1/2 c. Cole Slaw Bun/Margarine 2"x2" Oatmeal Bar 8 oz. Low Fat Milk</p>	<p>6 oz. Beef Stroganoff 1/2c. Noodles/1/2c Mixed Veg 1/2 c. Mandarin Orange Whip Bread/Margarine Cookie 8 oz. Low Fat Milk</p>	<p>8 oz. Vegetable Beef Soup 3 oz. Chicken Salad Sandwich 1/2 c. Pea & Cheese Salad Crackers/Margarine Valentine Cupcake 8 oz. Low Fat Milk</p>	<p>3 oz. Pork Loin/Gravy 1/2 c. Whole Potatoes 1/2 c. Carrots Dinner Roll/Margarine 1/2 c. Lemon Mousse 8 oz. Low Fat Milk</p>
<p>Monday, February 18</p>	<p>Tuesday, February 19</p>	<p>Wednesday, February 20</p>	<p>Thursday, February 21</p>	<p>Friday, February 22</p>
<p>Closed in observance of President's Day</p>	<p>5 oz. Chicken w/ Marinara Sc. 1/2 c. Noodles/1/2c Broccoli 1/2 c. Fruit Cup Margarine 1/2 c. Pudding 8 oz. Low Fat Milk</p>	<p>3 oz. Salisbury Steak 1/2c. Parsied Whole Potatoes 1/2 c. Squash Bread/Margarine 1/2 c. Blushing Pears 8 oz. Low Fat Milk</p>	<p>3 oz. Roast Turkey 1/2c. Mashed Potatoes/Gravy 1/2 c. Green Beans Cranberry Sc. Garnish/Brd/Mar 2"x2" Pumpkin Dessert 8 oz. Low Fat Milk</p>	<p>6 oz. Hamburger Tomato Casserole 1/2 c Pineapple 1/2 c. Corn Bread/Margarine 2"x2" Bar 8 oz. Low Fat Milk</p>
<p>Monday, February 25</p>	<p>Tuesday, February 26</p>	<p>Wednesday, February 27</p>	<p>Thursday, February 28</p>	
<p>8oz. Creamy Vegetable Soup 2 1/2 oz. Turkey Sandwich 1/2 c. Peaches Crackers/Margarine Cookie 8 oz. Low Fat Milk</p>	<p>3 oz. Liver or Pepper Steak 1/2 c. Buttered Boiled Potatoes 1/2 c. Carrots Bread/Margarine 2"x2" Fruit Crisp 8 oz. Low Fat Milk</p>	<p>3 oz. Roast Beef 1/2 c. Mashed Potatoes 1/2 c. Peas Dinner Roll/Margarine 2"x2" Pudding Dessert 8 oz. Low Fat Milk</p>	<p>6 oz. Chicken Lasagna 1/2 c. Tropical Fruit 1/2 c. Broccoli Raisin Salad Garlic Bread/Margarine 2"x2" Bar 8 oz. Low Fat Milk</p>	<p>222-3777 for reservations must be made by noon the day prior</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. Approved by: Terri Weyer, RD, LD

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.