

Lutheran Social Service

April 2022

Senior Nutrition Services


				Friday, April 1st Pub Fish w/Tarter Sauce Cheesey Hashbrown Baked Beans Dessert Low Fat Milk
Monday, April 4th	Tuesday, April 5th	Wednesday, April 6th	Thursday, April 7th	Friday, April 8th
Sausage Egg Bake	Ham w/ Raisin Sauce	Roast Beef	Meat Loaf	Baked Ziti
Broccoli	Au Gratin Potatoes	Mashed Potato w/ Gravy	Roasted Potatoes	W/ Ziti noodle
Cinnamon Apple Sauce	Peas	California Normandy	Carrots	Mixed Vegetables
Homemade muffin/ coffee cake	Dinner Roll / Margarine	Bread/ Margarine	Salad w/dressing	Peaches
Low Fat Milk	Dessert	Dessert	Dessert	Dessert
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
Monday, April 11th	Tuesday, April 12th	Wednesday, April 13th	Thursday, April 14th	Friday, April 15th
Chicken Fried Steak w/ Gravy	Chicken Salad	Lasagna	Baked Chicken	Cheese Ravioli
Mashed Potato w/ Gravy	Crossiant	California Normandy	Baked Potato w/ Sour Cream	Romaine Salad w/ Dressing
Green Beans	Coleslaw	Peaches	Italian Blend	Fresh Apple
Bread/ Margarine	Tropical Fruit	Breadstick	Bread/ Margarine	Bread/ Margarine
Dessert	Dessert	Dessert	Dessert	Dessert
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
Monday, April 18th	Tuesday, April 19th	Wednesday, April 20th	Thursday, April 21th	Friday, April 22th
Chicken Chow Mein	Swedish Meatballs	Cream Chicken	Pork loin	Beef Chili w/ Beans
(Brown Rice)	Mashed Potatoes	Mashed Potatoes	Candied Yam	Romaine Salad w/ Dressing
Oriental Vegetables	Carrots	Peas and Carrots	Broccoli	Corn Bread w Margarine
Mandarin Oranges	Bread/ Margarine	bread/ Margarine	Bread/ Margarine	Pears
Dessert	Dessert	Warm Fruit Crisp	Dessert	Dessert
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
Monday, April 25th	Tuesday, April 26th	Wednesday, April 27th	Thursday, April 28th	Friday, April 29th
Tater Tot Casserole	Chicken Fajitia meat	BBQ Pork	paghetti noodle w/ Meat Sauc	Roasted Turkey w/ gravy
Green Beans	Whole wheat shells	Bun	Romaine Salad w/ Dressing	Mashed Potato w/ gravy
Warm Peaches	Spanish Rice	Creamy Cucumer salad	Tropical Fruit	Peas
Dessert	Pineapple	Pears	Texas Toast	Dinner Roll / Margarine
Dinner Roll w/ Margarine	Black Bean/ Corn Salsa	Dessert	Dessert	Dessert
Low Fat Milk	Low Fat Milk	Low Fat Milk	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.

Approved by Donna Dunlap RD, LD

Posted menu is regular diet. Diabetic, sodium, and fat restricted diets available upon request. Regular menu provides average of 700-800 calories.

*If you are interested in learning about the Supplemental Nutrition Assistance Program, please call 1-800-488-4146.

SNAP or EBT Payment is accepted

For MOW or Pick-Up reservations call 218-738-5563 before 2 p.m. the day prior. MEALS SUBJECT TO CHANGE

Kitchen: 218-631-4053

9:30 am-12:30pm