



	Tuesday, November 1st	Wednesday, November 2nd	Thursday, November 3rd	Friday, November 4th
	Smothered Pork Loin, 3-4oz	Chicken Chow Mein, 4oz	Goulash, 1 c	Chef's Choice
	Baked Potato w/ SC, 1 each	w/ WG Brown Rice, 1/2 c	Mixed Vegetables, 1/2 c	Vegetable, 1/2 c
	Corn, 1/2 c	Broccoli, 1/2 c	Fresh Fruit, 1 each or 1/2 c	Veg/ Fruit, 1/2 c
	Dinner Roll w/ Marg., 1 each	Fruit, 1/2 c	Bread Stick, 1 each	Grain, 1 each
	Fruit, 1/2 c	Cookie, 1 each	Low Fat Milk, 1/2 c	Dessert or Fruit Mix, 2x3 or 1/2 c
	Low Fat Milk, 1/2 c	Low Fat Milk, 1/2 c		Low Fat Milk, 1/2 c
Monday, November 7th	Tuesday, November 8th	Wednesday, November 9th	Thursday, November 10th	Friday, November 11th
Baked Fish, 3-4oz	Meatloaf, 3-4oz	Sloppy Joe, 4oz	Baked Chicken, 3-4oz	Turkey and Noodles, 1 c
Au Gratin Potatoes, 1/2 c	Corn, 1/2 c	on WG Bun, 1 bun	Peas and Carrots, 1/2 c	California Norm Veg, 1/2 c
Green Beans, 1/2 c	Baked Potato w/ SC, 1 each	Romaine Salad w/ Dressing, 1 c	Mandarin Oranges, 1/2 c	Warm Apple Slices, 1/2 c
Dinner Roll w/ Marg., 1 each	Bread Slice w/ Marg., 1 each	Seasoned Pinto Beans, 1/2 c	Rice Pilaf, 1/4 c	Dessert, 2x3 or 1/2 c
Dessert, 2x3 or 1/2 c	Dessert, 2x3 or 1/2 c	Warm Peaches, 1/2 c	Jello w/ Whipped Topping 1/2 c	Low Fat Milk, 1/2 c
Low Fat Milk, 1/2 c	Low Fat Milk, 1/2 c	Low Fat Milk, 1/2 c	Low Fat Milk, 1/2 c	
Monday, November 14th	Tuesday, November 15th	Wednesday, November 16th	Thursday, November 17th	Friday, November 18th
Salisbury Steak in Gravy, 3-4 oz	Beef Chili with Beans, 1 c	Macaroni and Cheese, 1 c	Creamy Swedish Meatballs, 4oz	Chicken ala King, 4oz
Baked Potato w/ SC, 1 each	Romaine Salad w/ Dressing, 1 c	California Norm Veg, 1/2 c	Mashed Potatoes, 1/2 c	w/ WG Brown Rice, 1/2 c
Glazed Carrots, 1/2 c	Fruit, 1/2 c	Stewed Tomatoes, 1/2 c	Mixed Vegetables, 1/2 c	Peas and Carrots, 1/2 c
Bread Slice w/ Marg., 1 each	Corn Bread Muffin, 2x2 or 1 each	Dessert, 2x3 or 1/2 c	Dinner Roll w/ Marg., 1 each	Fruit Mix, 1/2 c
Dessert, 2x3 or 1/2 c	Cookie, 1 each	Low Fat Milk, 1/2 c	Fresh Fruit, 1/2 c	Dessert, 2x3 or 1/2 c
Low Fat Milk, 1/2 c	Low Fat Milk, 1/2 c		Low Fat Milk, 1/2 c	Low Fat Milk, 1/2 c
Monday, November 21st	Tuesday, November 22nd	Wednesday, November 23rd	Thursday, November 24th	Friday, November 25th
Tuna Noodles Casserole, 1 c	BBQ Pork, 4 oz	Tater Tot Hotdish, 1 c		Bratwurst, 3-4 oz or 1 each
Mixed Vegetables, 1/2 c	on Bun, 1 each	Green Beans, 1/2 c	Happy	Mashed Potatoes, 1/2 c
Warm Cinn Applesauce, 1/2 c	Coleslaw, 1/2 c	Romaine Salad w/ Dressing, 1 c	Thanksgiving	Sauerkraut, 1/2 c
Dessert, 2x3 or 1/2 c	Vegetarian Baked Beans, 1/2 c	Dinner Roll w/ Marg., 1 each		Bread Slice w/ Marg., 1 each
Low Fat Milk, 1/2 c	Warm Fruit Crisp, 1/2 c	Warm Apple Slices w/ Raisins		Dessert, 2x3 or 1/2 c
	Low Fat Milk, 1/2 c	Low Fat Milk, 1/2 c		Low Fat Milk, 1/2 c
Monday, November 28th	Monday, November 29th	Monday, November 30th	<h1>November, 2022</h1> <h2>LSS Meals, Regular Senior Menu</h2>	
Chicken Fried Steak w/ Gravy, 4 oz	Ham, 3-4oz	Turkey w/ Gravy, 4oz		
Mashed Potatoes, 1/2 c	Cooked Cabbage, 1/2 c	Mashed Potatoes, 1/2 c		
Green Beans, 1/2 c	Peas and Carrots, 1/2 c	Corn, 1/2 c		
Biscuit w/ Marg., 1 each	Dinner Roll w/ Marg., 1 each	Bread Slice w/ Marg., 1 each		
Fruit, 1/2 c	Dessert, 2x3 or 1/2 c	Dessert, 2x3 or 1/2 c		
Low Fat Milk, 1/2 c	Low Fat Milk, 1/2 c	Low Fat Milk, 1/2 c		
<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. Posted menu is regular diet. Diabetic, sodium and fat restricted diets available upon request. Regular menu provides an average of 700-800 calories per meal. *If you are interested in learning about the Supplemental Nutrition Assistance Program, please call 1-800-488-4146.</p>				Menu is subject to change.
				Approved by Donna Dunlap RD, LD
				SNAP or EBT Payment is Accepted

HRK Eagle Bend
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