

January 2025		Lutheran Social Service of Minnesota		Wednesday, Jan. 1	Thursday, Jan. 2	Friday, Jan. 3
LSS Meals Traditional Older Adult Menu				Closed for Holiday	Asian Chicken	Beef Shepherd's Pie
					Steamed Rice	Roasted Butternut Squash
					Broccoli & Cauliflower	Cherry Crisp
					Wheat Dinner Roll	Wheat Bread
					Margarine	Margarine
1% Milk	1% Milk					
Monday, Jan. 6	Tuesday, Jan. 7	Wednesday, Jan. 8	Thursday, Jan. 9	Friday, Jan. 10		
Chicken Fried Chicken	Beef Roast w/Gravy	Beef Chili	Oven Roasted Turkey	Beef Mac and Cheese		
Cream Gravy	Scalloped Potatoes	Broccoli Florets	Turkey Gravy	Green Beans		
Mashed Potatoes	Sliced Carrots	Peach Crisp	Mashed Potatoes	California Veg Blend		
Green Peas	Herb Butter Roll	Combread	Whole Kernel Corn	Dinner Roll		
Wheat Bread & Margarine	Peanut Butter Cookie		Wheat Bread & Margarine	Margarine		
Sugar Cookie	Margarine	Margarine	Chocolate Chip Bar	1% Milk		
1% Milk	1% Milk	1% Milk	1% Milk			
Monday, Jan. 13	Tuesday, Jan. 14	Wednesday, Jan. 15	Thursday, Jan. 16	Friday, Jan. 18		
Baked Pork Chop w/Gravy	Chicken Alfredo	Salisbury Steak w/Gravy	Tater Tot Hotdish	Oven Fried Fish		
Parslied New Potatoes	Sliced Carrots	Mashed Potatoes	Whole Kernel Corn	Mashed Sweet Potatoes		
Mixed Vegetables	Green Peas	Green Beans	Apricot Crisp	Country Veg Blend		
Wheat Bread & Margarine	Dinner Roll	Dinner Roll & Margarine	Wheat Bread	Dinner Roll & Margarine		
Oatmeal Raisin Cookie	Margarine	Brownie	Margarine	Snickerdoodle Cookie		
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk		
Monday, Jan. 20	Tuesday, Jan. 21	Wednesday, Jan. 22	Thursday, Jan. 23	Friday, Jan. 24		
Closed for Holiday	Beef Stroganoff	Pork Roast	Turkey Tetrizzini	Cheesy Egg Bake		
	Parslied Noodles	Pork Gravy	Peas & Carrots	Mixed Vegetables		
	Chateau Veg Blend	Candied Yams	Whole Kernel Corn	Potato O'Brien		
	Diced Beets	Green Beans				
	Dinner Roll	Wheat Bread & Margarine	Dinner Roll	Blueberry Muffin		
	Margarine	Peanut Butter Cup Cookie	Margarine	Margarine		
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk		
Monday, Jan. 27	Tuesday, Jan. 28	Wednesday, Jan. 29	Thursday, Jan. 30	Friday, Jan. 31		
Beef Cabbage Roll Casserole	Chicken a la King	Country Pork Tips w/Gravy	Meatloaf	Rigatoni Beef		
Peas & Pearl Onions	Steamed Rice	Parslied Noodles	Brown Gravy	Green Beans		
Apple Crisp	Sliced Carrots	Capri Veg Blend	Mashed Potatoes	California Veg Blend		
	Dinner Roll		Whole Kernel Corn	Dinner Roll		
Wheat Bread	Margarine	Dinner Roll	Wheat Bread	Margarine		
Margarine		Margarine	Margarine	Chocolate Chip Cookie		
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk		

COMMUNITY CENTER:

426-7852

1030-1230

DAWN CELL:

507-766-1207

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.
 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.
 If you are interested in learning about the Supplemental Nutrition Assistance Program (SNAP), please call 800.488.4146.

Menu is subject to change.

Approved by:
 Nicole Crouch, MS, RD
 SNAP or EBT payment is accepted.