

**Lutheran Social Service**

**MARCH 2017**

**Senior Nutrition Program**

<p><b>Supplemental Nutrition Assistance Program (SNAP or EBT/Food Stamps) payment is accepted in lieu of donation. Contact Site Manager for more information.</b></p>		<p><b>Wednesday, March 1</b></p> <p>4 oz. Lemon Pepper Fish Baked Potato 1/2 c. Creamed Peas Dinner Roll/Margarine 2"x2" Pudding Dessert 8 oz. Low Fat Milk</p>	<p><b>Thursday, March 2</b></p> <p>6 oz. Chicken Lasagna 1/2 c. Tropical Fruit 1/2 c. Lettuce/Drsg. Breadstick/Margarine 2"x2" Bar 8 oz. Low Fat Milk</p>	<p><b>Friday, March 3</b></p> <p>6 oz. Tuna Noodle Casserole 1/2 c. Peas 1/2 c. Cole Slaw Bread/Margarine Dessert 8 oz. Low Fat Milk</p>
		<p><b>Monday, March 6</b></p> <p>6 oz. Cabbage Roll Casserole 1/2 c. Green Beans 1/2 c. Peaches Bread/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk</p>	<p><b>Tuesday, March 7</b></p> <p>4 oz. Pork Chop 1/2 c. Sweet Potatoes 1/2 c. Winter Blend Veget. Bread/Margarine 1/2 c. Scalloped Apples 8 oz. Low Fat Milk</p>	<p><b>Wednesday, March 8</b></p> <p>4 oz. Meatloaf/Catsup 1/2 c. Whole Parslied Potatoes 1/2 c. Creamed Corn Bread/Margarine 1/2 c. Mandarin Oranges 8 oz. Low Fat Milk</p>
<p><b>Monday, March 13</b></p> <p>3 oz. Swiss Steak 1/2 c. Mashed Potatoes 1/2 c. Peas &amp; Carrots Bread/Margarine 1/2 c. Pineapple 8 oz. Low Fat Milk</p>	<p><b>Tuesday, March 14</b></p> <p>3 oz. Honey Mustard Chicken Brs Baked Potato/Sr. Crm 1/2 c. Green Bean Casserole Bread/Margarine 2"x2" Cake 8 oz. Low Fat Milk</p>	<p><b>Wednesday, March 15</b></p> <p>6 oz. Lasagna 1/2 c. California Blend Veg. 1/2 c. Peaches Garlic Bread/Margarine Cookie 8 oz. Low Fat Milk</p>	<p><b>Thursday, March 16</b></p> <p>3 oz. Pork Loin 1/2 c. Whole Potatoes 1/2 c. Buttered Cabbage Dinner Roll/Margarine 2"x2" Fruit Crisp 8 oz. Low Fat Milk</p>	<p><b>Friday, March 17</b></p> <p>4 oz. Pub House Fish/Tartar Sc. 1/2 c. AuGratin Potatoes 1/2 c. Mixed Vegetables Bread/Margarine 1/8 slice Pie 8 oz. Low Fat Milk</p>
<p><b>Monday, March 20</b></p> <p>5 oz. Baked Chicken Baked Potato/Sr. Crm 1/2 c. Squash Bread/Margarine 1/2 c. Sherbet 8 oz. Low Fat Milk</p>	<p><b>Tuesday, March 21</b></p> <p>3 oz. Sausage Egg Bake 1/2 c. Oven Baked Potatoes 1/2 c. Fruit Cocktail Coffeecake/Margarine 1/2 c. Pumpkin Custard 8 oz. Low Fat Milk</p>	<p><b>Wednesday, March 22</b></p> <p>8 oz. Chili 1/2 c. Pears 2 oz. Cheese Sandwich Bun/Margarine/Crackers 2"x2" Apple Brown Betty 8 oz. Low Fat Milk</p>	<p><b>Thursday, March 23</b></p> <p>4 oz. BBQ Meatballs 1/2 c. Mashed Potatoes 1/2 c. Beets Bread/Margarine 2"x2" Lemon Sponge Cake 8 oz. Low Fat Milk</p>	<p><b>Friday, March 24</b></p> <p>8 oz. Creamy Tomato Soup 2 oz. Cheese Sandwich 1/2 c. Three Bean Salad Crackers/Margarine Dessert 8 oz. Low Fat Milk</p>
<p><b>Monday, March 27</b></p> <p>3 oz. Hamburger 1/2 c. Baked Beans 1/2 c. Tart Cole Slaw Bun/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk</p>	<p><b>Tuesday, March 28</b></p> <p>3 oz. Pork Loin 1/2 c. Whole Parslied Potatoes 1/2 c. Creamed Peas Dinner Roll/Margarine 2"x2" Cake 8 oz. Low Fat Milk</p>	<p><b>Wednesday, March 29</b></p> <p>6 oz. Chicken Chow Mein 1/2c. Rice/Chow Mein Noodles 1/2 c. Japanese Vegetables 1/2 c. Mandarin Orange Gelatin 2"x2" Brownie 8 oz. Low Fat Milk</p>	<p><b>Thursday, March 30</b></p> <p>3 oz. Roast Beef 1/2c. Mashed Potatoes/Gravy 1/2 c. Carrots Bread/Margarine 2"x2" Fruit Cobbler 8 oz. Low Fat Milk</p>	<p><b>Friday, March 31</b></p> <p>3 oz. Fish Patty on Bun 1/2 c. Oven Baked Potatoes 1/2 c. Corn Bun/Tartar Sc 1/2 c. Appricots 8 oz. 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. Approved by: Terri Weyer, RD, LD

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

MENU SUBJECT TO CHANGE