

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Baked Pork Chop	Chicken Cordon Bleu	Salisbury Steak	Tater Tot Hotdish	Cheese Ravioli
Pork Gravy	Sliced Carrots	Mashed Potatoes	Whole Kernel Corn	Marinara Sauce
Scalloped Potatoes	Rice Pilaf	Brown Gravy	Apple Crisp	Country Vegetable Blend
Mixed Vegetables	Applesauce Cup	Green Beans		Fruit Crumble
Wheat Bread & Margarine	Wheat Dinner Roll	Dinner Roll & Margarine	Wheat Bread	Dinner Roll
Oatmeal Raisin Cookie	Margarine	Vanilla Wafers	Margarine	Margarine
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Chef's Choice	Swedish Meatballs	Pork Roast	Chicken Alfredo	Cheese Omelet
Vegetable of the Day	Mashed Potatoes	Pork Gravy	Peas & Carrots	Turkey Sausage
Fruit of Choice	Brown Gravy	Candied Yams	Hot Spiced Apples	Red Diced Potatoes
Dessert of the Day	Mixed Vegetables	Green Beans		Diced Peach Cup
	Dinner Roll & Margarine	Wheat Bread & Margarine		Blueberry Muffin
Wheat Bread & Margarine	Chocolate Chip Cookie	Vanilla Pudding/topping	Dinner Roll & Margarine	Margarine & Ketchup
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
Chicken & Dumplings	Chicken Broccoli Rice Casserole	Meatloaf	Diced Turkey & Gravy	Potato Crunch Fish Fillet
Green Beans	Sliced Carrots	Baked Potato	Mashed Potatoes	Mashed Sweet Potatoes
Diced Pear Cup		Broccoli	Stuffing	Mixed Vegetables
	Gala Apple	Applesauce Cup	Whole Kernel Corn	Wheat Dinner Roll
Wheat Bread & Margarine	Dinner Roll	Wheat Bread	Diced Peach Cup	Margarine & Tartar Sauce
Cheesecake Brownie	Margarine	Margarine & Sour Cream	Dinner Roll & Margarine	Snickerdoodle Cookie
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Spaghetti Meat Sauce	Chicken Baked Herb	Smothered Chopped Steak	Scalloped Potatoes w/Ham	Cheese Egg Bake
Spaghetti Noodles	Rice Pilaf	Baked Potato	Whole Kernel Corn	Herb Diced Potatoes
Green Beans	Peas & Carrots	Sliced Carrots	Tropical Fruit Cup	Peas & Carrots
Hot Spiced Apples		Applesauce Cup		Dinner Roll & Margarine
Dinner Roll & Margarine	Dinner Roll & Margarine	Margarine & Sour Cream	Wheat Bread & Margarine	
Vanilla Wafers	Chocolate Pudding/topping	Wheat Bread	Peanut Butter Cookie	Chocolate Chip Cookie
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, March 30	Tuesday, March 31		<p style="text-align: center;">March 2026</p> <p style="text-align: center;">LSS Meals Older Adult Traditional Menu</p>	
Country Fried Chicken	Beef Stew			
Cream Gravy	Sliced Carrots			
Mashed Potatoes	Apple Dump Cake			
Green Peas				
Wheat Bread & Margarine	Margarine			
Sugar Cookie	Biscuit			
1% Milk	1% Milk			
<p>This service is funded in part by a contract from the Area Agency on Aging funding from the Federal Older Americans Act through the Minnesota Board on Aging. Additional funds are provided by the State of Minnesota, United Way, local communities and older adult contributions.</p> <p>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.</p> <p>If you are interested in learning about the Supplemental Nutrition Assistance Program (SNAP), please call 800.488.4146.</p>			<p>Menu is subject to change.</p> <p>Approved by: Nicole Crouch, MS, RD SNAP or EBT payment accepted.</p>	