



August is Berry Month

# August 2025

LSS Meals | Traditional Older Adult Menu



## Friday, August 1

Sweet & Sour Chicken  
Steamed Rice  
Stir Fry Veg Blend  
Green Beans  
Fresh Orange  
Dinner Roll & Margarine  
1% Milk

## Monday, August 4

Baked Pork Chop  
Pork Gravy  
Scalloped Potatoes  
Mixed Vegetables  
Wheat Bread & Margarine  
Oatmeal Raisin Cookie  
1% Milk

## Tuesday, August 5

Chicken Cordon Bleu  
Sliced Carrots  
Green Peas  
Red Delicious Apple  
Wheat Dinner Roll  
Margarine  
1% Milk

## Wednesday, August 6

Salisbury Steak  
Mashed Potatoes  
Brown Gravy  
Green Beans  
Dinner Roll & Margarine  
Lemon Bar  
1% Milk

## Thursday, August 7

Tater Tot Hotdish  
Whole Kernel Corn  
Apple Crisp  
Wheat Bread  
Margarine  
1% Milk

## Friday, August 8

Beef Lasagna  
Peas & Carrots  
Cauliflower  
Dinner Roll & Margarine  
Fresh Orange  
Sugar Cookie  
1% Milk

## Monday, August 11

Chef's Choice  
Vegetable of the Day  
Fruit of Choice  
Dessert of the Day  
Wheat Bread & Margarine  
1% Milk

## Tuesday, August 12

Swedish Meatballs  
Mashed Potatoes  
Brown Gravy  
Mixed Vegetables  
Vanilla Pudding  
Dinner Roll & Margarine  
1% Milk

## Wednesday, August 13

Pork Roast  
Pork Gravy  
Candied Yams  
Green Beans  
Wheat Bread & Margarine  
Chocolate Chip Cookie  
1% Milk

## Thursday, August 14

Tuna Noodle Casserole  
Peas & Carrots  
Whole Kernel Corn  
Gala Apple  
Dinner Roll & Margarine  
Vanilla Wafers  
1% Milk

## Friday, August 15

Cheese Omelet  
Turkey Sausage  
Rosemary Diced Potatoes  
Fresh Clementine  
Blueberry Muffin  
Margarine & Ketchup  
1% Milk

## Monday, August 18

Beef Chili Macaroni Casserole  
Green Beans  
California Veg Blend  
Wheat Bread  
Margarine  
Sugar Cookie  
1% Milk

## Tuesday, August 19

Scalloped Chicken  
Green Peas  
Sliced Carrots  
Wheat Dinner Roll  
Margarine  
Blonde Brownie  
1% Milk

## Wednesday, August 20

Diced Turkey & Gravy  
Mashed Potatoes  
Stuffing  
Whole Kernel Corn  
Red Delicious Apple  
Dinner Roll & Margarine  
1% Milk

## Thursday, August 21

Meatloaf  
Mashed Potatoes  
Brown Gravy  
Broccoli  
Fresh Orange  
Wheat Bread & Margarine  
1% Milk

## Friday, August 22

Potato Crunch Fish Fillet  
Mashed Sweet Potatoes  
Mixed Vegetables  
Wheat Dinner Roll  
Margarine & Tartar Sauce  
Snickerdoodle Cookie  
1% Milk

## Monday, August 25

Country Fried Chicken  
Cream Gravy  
Mashed Potatoes  
Green Peas  
Wheat Bread & Margarine  
Sugar Cookie  
1% Milk

## Tuesday, August 26

Chicken Baked Herb  
Mashed Sweet Potatoes  
Green Peas  
Granny Smith Apple  
Wheat Dinner Roll  
Margarine  
1% Milk

## Wednesday, August 27

Smothered Chopped Steak  
Mashed Potatoes  
Sliced Carrots  
Wheat Bread  
Margarine  
Oatmeal Cranberry Cookie  
1% Milk

## Thursday, August 28

Oven Roasted Turkey  
Turkey Gravy  
Mashed Potatoes  
Mixed Vegetables  
Wheat Bread & Margarine  
Chocolate Pudding  
1% Milk

## Friday, August 29

Beef Shepherd's Pie  
Country Vegetable Blend  
Pear Crisp  
Wheat Bread  
Margarine  
1% 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.

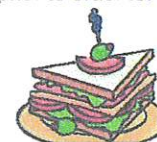
The posted menu is for a traditional diet. Diabetic friendly, reduced sodium and fat restricted diet menus are available upon request. The traditional menu provides an average of 700-800 calories per meal.

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.

Please contact LSS/Hilltop Regional Kitchen at 218-248-7600 at least 24 hours prior to order for any questions.



August is Sandwich Month