


January 2026		 Lutheran Social Service of Minnesota	Thursday, Jan 1	Friday, Jan 2
LSS Meals Older Adult Traditional Menu			Holiday	Cheese Omelet Turkey Sausage Red Diced Potatoes Diced Peach Cup Blueberry Muffin Margarine & Ketchup 1% Milk
Monday, Jan 5	Tuesday, Jan 6	Wednesday, Jan 7	Thursday, Jan 8	Friday, Jan 9
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	Margarine & Sour Cream	Diced Peach Cup	Margarine & Tartar Sauce
Cheesecake Brownie	Margarine	Wheat Bread	Dinner Roll & Margarine	Snickerdoodle Cookie
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, Jan 12	Tuesday, Jan 13	Wednesday, Jan 14	Thursday, Jan 15	Friday, Jan 16
Country Fried Chicken	Chicken Baked Herb	Smothered Chopped Steak	Scalloped Potatoes w/Ham	Cheese Egg Bake
Cream Gravy	Rice Pilaf	Baked Potato	Whole Kernel Corn	Herb Diced Potatoes
Mashed Potatoes	Peas & Carrots	Sliced Carrots	Tropical Fruit Cup	Peas & Carrots
Green Peas		Applesauce Cup		Dinner Roll & Margarine
Wheat Bread & Margarine	Dinner Roll & Margarine	Margarine & Sour Cream	Wheat Bread & Margarine	
Sugar Cookie	Chocolate Pudding/topping	Wheat Bread	Peanut Butter Cookie	Chocolate Chip Cookie
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, Jan 19	Tuesday, Jan 20	Wednesday, Jan 21	Thursday, Jan 22	Friday, Jan 23
Holiday	Beef Stew	Oven Roasted Turkey	Beef Goulash	Tuna Noodle Casserole
	Sliced Carrots	Turkey Gravy	Mixed Vegetables	Green Beans
	Apple Dump Cake	Mashed Potatoes	Pumpkin Bar	Hot Spiced Peaches
		Mixed Vegetables		
	Margarine	Wheat Bread & Margarine		Dinner Roll & Margarine
	Biscuit	Gingersnap Cookie	Dinner Roll & Margarine	Vanilla Pudding/topping
	1% Milk	1% Milk	1% Milk	1% Milk
Monday, Jan 26	Tuesday, Jan 27	Wednesday, Jan 28	Thursday, Jan 29	Friday, Jan 30
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
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. 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 accepted.