



	Tuesday, July 1	Wednesday, July 2	Thursday, July 3	Friday, July 4
	Beef Roast	Scalloped Potatoes w/Ham	Oven Roasted Turkey	Closed for Independence Day
	Brown Gravy	Broccoli Florets	Turkey Gravy	
	Mashed Potatoes	Whole Kernel Corn	Mashed Potatoes	
	Sliced Carrots		Mixed Vegetables	
	Wheat Bread & Margarine	Wheat Bread & Margarine	Wheat Bread & Margarine	
	Lemon Pudding	Snickerdoodle Cookie	Chocolate Pudding	
	1% Milk	1% Milk	1% Milk	
Monday, July 7	Tuesday, July 8	Wednesday, July 9	Thursday, July 10	Friday, July 11
Baked Pork Chop	Chicken Cordon Bleu	Salisbury Steak	Tater Tot Hotdish	Beef Lasagna
Pork Gravy	Sliced Carrots	Mashed Potatoes	Whole Kernel Corn	Peas & Carrots
Scalloped Potatoes	Green Peas	Brown Gravy	Apple Crisp	Cauliflower
Mixed Vegetables	Red Delicious Apple	Green Beans	Wheat Bread	Dinner Roll & Margarine
Wheat Bread & Margarine	Wheat Dinner Roll	Dinner Roll & Margarine	Margarine	Fresh Orange
Oatmeal Raisin Cookie	Margarine	Lemon Bar	1% Milk	Sugar Cookie
1% Milk	1% Milk	1% Milk		1% Milk
Monday, July 14	Tuesday, July 15	Wednesday, July 16	Thursday, July 17	Friday, July 18
Baked Chicken	Swedish Meatballs	Pork Roast	Tuna Noodle Casserole	Cheese Omelet
5 Way Mixed Vegetable	Mashed Potatoes	Pork Gravy	Peas & Carrots	Turkey Sausage
Rosemary Baked Potato	Brown Gravy	Candied Yams	Whole Kernel Corn	Rosemary Diced Potatoes
Chocolate Chip Bar	Mixed Vegetables	Green Beans	Gala Apple	Fresh Clementine
	Vanilla Pudding	Wheat Bread & Margarine	Dinner Roll & Margarine	Blueberry Muffin
Cornbread & Margarine	Dinner Roll & Margarine	Chocolate Chip Cookie	Vanilla Wafers	Margarine & Ketchup
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, July 21	Tuesday, July 22	Wednesday, July 23	Thursday, July 24	Friday, July 25
Beef Chili Macaroni Casserole	Scalloped Chicken	Diced Turkey & Gravy	Meatloaf	Potato Crunch Fish Fillet
Green Beans	Green Peas	Mashed Potatoes	Mashed Potatoes	Mashed Sweet Potatoes
California Veg Blend	Sliced Carrots	Stuffing	Brown Gravy	Mixed Vegetables
Wheat Bread	Wheat Dinner Roll	Whole Kernel Corn	Broccoli	Wheat Dinner Roll
Margarine	Margarine	Red Delicious Apple	Fresh Orange	Margarine & Tartar Sauce
Sugar Cookie	Blonde Brownie	Dinner Roll & Margarine	Wheat Bread & Margarine	Snickerdoodle Cookie
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, July 28	Tuesday, July 29	Wednesday, July 30	Thursday, July 31	July 2025 LSS Meals Traditional Older Adult Menu
Spaghetti Meat Sauce	Chicken Baked Herb	Smothered Chopped Steak	Oven Roasted Turkey	
Spaghetti Noodles	Mashed Sweet Potatoes	Mashed Potatoes	Turkey Gravy	
Italian Vegetable Blend	Green Peas	Sliced Carrots	Mashed Potatoes	
Green Beans	Granny Smith Apple	Wheat Bread	Mixed Vegetables	
Dinner Roll & Margarine	Wheat Dinner Roll	Margarine	Wheat Bread & Margarine	Menu is subject to change. Approved by: Nicole Crouch, MS, RD SNAP or EBT payment is accepted.
Gingersnap Cookie	Margarine	Oatmeal Cranberry Cookie	Chocolate Pudding	
1% Milk	1% Milk	1% Milk	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.				

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



July is Picnic Month



July 7-Chocolate Day