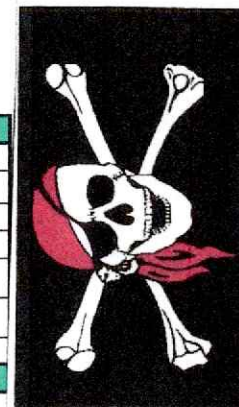




September is National Happy Cat Month

September 19 is International Talk Like a Pirate Day (Aaarrggghhh!)



September 11-Patriot Day

September 22-the first Day of Autumn



Monday, Sept. 1	Tuesday, Sept. 2	Wednesday, Sept. 3	Thursday, Sept. 4	Friday, Sept. 5
Closed for Labor Day	Beef Roast	Scalloped Potatoes w/Ham	Cheese Ravioli & Marinara	Sweet & Sour Chicken
	Brown Gravy	Broccoli Florets	Country Vegetable Blend	Steamed Rice
	Mashed Potatoes	Whole Kernel Corn	Diced Carrots	Stir Fry Veg Blend
	Sliced Carrots		Dinner Roll & Margarine	Green Beans
	Wheat Bread & Margarine	Wheat Bread & Margarine	Vanilla Pudding	Fresh Orange
	Lemon Pudding	Peanut Butter Cookie	Graham Crackers	Dinner Roll & Margarine
	1% Milk	1% Milk	1% Milk	1% Milk
Monday, Sept. 8	Tuesday, Sept. 9	Wednesday, Sept. 10	Thursday, Sept. 11	Friday, Sept. 12
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	Mounds Bar	1% Milk	Sugar Cookie
1% Milk	1% Milk	1% Milk		1% Milk
Monday, Sept. 15	Tuesday, Sept. 16	Wednesday, Sept. 17	Thursday, Sept. 18	Friday, Sept. 19
Chef's Choice	Swedish Meatballs	Pork Roast	Tuna Noodle Casserole	Cheese Omelet
Vegetable of the Day	Mashed Potatoes	Pork Gravy	Peas & Carrots	Turkey Sausage
Fruit of Choice	Brown Gravy	Candied Yams	Whole Kernel Corn	Rosemary Diced Potatoes
Dessert of the Day	Mixed Vegetables	Green Beans	Gala Apple	Fresh Clementine
	Vanilla Pudding	Wheat Bread & Margarine	Dinner Roll & Margarine	Blueberry Muffin
Wheat Bread & Margarine	Dinner Roll & Margarine	Chocolate Chip Cookie	Vanilla Wafers	Margarine & Ketchup
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, Sept. 22	Tuesday, Sept. 23	Wednesday, Sept. 24	Thursday, Sept. 25	Friday, Sept. 26
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, Sept. 29	Tuesday, Sept. 30	 <div>Lutheran Social Service of Minnesota</div>		
Spaghetti Meat Sauce	Chicken Baked Herb			
Spaghetti Noodles	Mashed Sweet Potatoes			
Italian Vegetable Blend	Green Peas			
Green Beans	Granny Smith Apple			
Dinner Roll & Margarine	Wheat Dinner Roll	<div>September 2025</div>		
Gingersnap Cookie	Margarine			
1% Milk	1% Milk			
<div>LSS Meals   Traditional Older Adult Menu</div>				

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 Regional Kitchen at 218-248-7600 at least 24 hours prior to order for questions.

Menu is subject to change.

Approved by:  
Nicole Crouch, MS, RD  
SNAP or EBT payment is accepted.



September is Piano Month