

February 2026



LSS Meals | Older Adult Traditional Menu

Monday, Feb 2	Tuesday, Feb 3	Wednesday, Feb 4	Thursday, Feb 5	Friday, Feb 6
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, Feb 9	Tuesday, Feb 10	Wednesday, Feb 11	Thursday, Feb 12	Friday, Feb 13
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, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20
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, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27
Country Fried Chicken	Beef Stew	Oven Roasted Turkey	Beef Goulash	Tuna Noodle Casserole
Cream Gravy	Sliced Carrots	Turkey Gravy	Mixed Vegetables	Green Beans
Mashed Potatoes	Apple Dump Cake	Mashed Potatoes	Pumpkin Bar	Hot Spiced Peaches
Green Peas		Mixed Vegetables		
Wheat Bread & Margarine	Margarine	Wheat Bread & Margarine		Dinner Roll & Margarine
Sugar Cookie	Biscuit	Gingersnap Cookie	Dinner Roll & Margarine	Vanilla Pudding/topping
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.