

May 2026

LSS Meals | Older Adult Traditional Menu



Friday, May 1

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

Monday, May 4		Tuesday, May 5		Wednesday, May 6		Thursday, May 7		Friday, May 8	
Lasagna Rollup		Chicken Baked Herb		Smothered Chopped Steak		Scalloped Potatoes w/Ham		Cheese Egg Bake	
Meat Sauce		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, May 11		Tuesday, May 12		Wednesday, May 13		Thursday, May 14		Friday, May 15	
Country Fried Chicken		Beef Cabbage Bake		Oven Roasted Turkey		Beef Goulash		Baked Pork Chop	
Cream Gravy		Sliced Carrots		Turkey Gravy		Mixed Vegetables		Pork Gravy	
Mashed Potatoes		Cranberry Pear Sauce		Mashed Potatoes		Pumpkin Bar		Scalloped Potatoes	
Green Peas				Whole Kernel Corn				Diced Carrots	
Wheat Bread & Margarine		Margarine		Wheat Bread & Margarine				Wheat Bread & Margarine	
Sugar Cookie		Dinner Roll		Gingersnap Cookie		Dinner Roll & Margarine		Oatmeal Raisin Cookie	
1% Milk		1% Milk		1% Milk		1% Milk		1% Milk	
Monday, May 18		Tuesday, May 19		Wednesday, May 20		Thursday, May 21		Friday, May 22	
Tuna Noodle Casserole		Cheese Ravioli		Salisbury Steak		Tater Tot Hotdish		Chicken Cordon Bleu	
Green Beans		Marinara Sauce		Mashed Potatoes		Whole Kernel Corn		Sliced Carrots	
Hot Spiced Peaches		Country Vegetable Blend		Brown Gravy		Apple Crisp		Rice Pilaf	
		Fruit Crumble		Green Beans				Applesauce Cup	
Dinner Roll & Margarine		Dinner Roll		Dinner Roll & Margarine		Wheat Bread		Wheat Dinner Roll	
Vanilla Pudding/topping		Margarine		Vanilla Wafers		Margarine		Margarine	
1% Milk		1% Milk		1% Milk		1% Milk		1% Milk	
Monday, May 25		Tuesday, May 26		Wednesday, May 27		Thursday, May 28		Friday, May 29	
Holiday		Swedish Meatballs		Pork Roast		Chicken Alfredo		Blueberry Pancakes	
		Mashed Potatoes		Pork Gravy		Peas & Carrots		Egg Patty	
		Brown Gravy		Candied Yams		Hot Spiced Apples		Red Diced Potatoes	
		Mixed Vegetables		Green Beans				Diced Peach Cup	
		Dinner Roll & Margarine		Wheat Bread & Margarine					
		Chocolate Chip Cookie		Vanilla Pudding/topping		Dinner Roll & Margarine		Margarine & Syrup	
	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.