

**JANUARY 2023 LUTHERAN SOCIAL
SERVICE MENU (LSS)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 CLOSED FOR NEW YEARS	03 Biscuits & Sausage Gravy Rstd Potatoes Cinmn Apple Dessert/Milk	04 Ginger Chicken Rice Pilaf Peas & Carrots Peaches Bread/Milk	05 Sloppy Joe on Bun Potato Wedges Veg Baked Bean Banana/Fresh Fr Cookie/Milk	06 Baked Fish Mac & Cheese Broccoli Floret Pears Jello /Milk
09 Egg bake w/ sausage Baked potatoes Carrots Applesauce Coffee cak/Milk	10 Meatloaf Baked Potato w/ sour cream Pears Bread Bar/Milk	11 Pasta in Meat sauce Salad w/dress- ing & bread Pineapple chnks Milk /Dessert	12 Roast Turkey/ Gravy Mashed Potato Calif Veg Bread Milk /Cookie	13 Baked Ham w/ Sauce Scalloped Potat Peas & Carrots Dinner Roll Pudding/Milk
16 Chef's Choice Vegetable Vegetabe or fruit Grain Dessert/Milk	17 Chicken ala King Peas & Carrots Pineapple Chks Brown Rice Jello/Milk	18 Goulash Salad w/ Dressing Tropical Fruit Bread Dessert/Milk	19 Pork Loin Candi Yam Calif Vegetable Dinner Roll Bar Milk	20 Lemon Pepper Fish Baked Potato Coleslaw Apple Brn Bett Bread/Milk
23 Parmesan Chicken Green Beans Fruit Cocktail Bread Stick Dessert/Milk	24 Swedish Meat- balls Mashed Potato Carrots Bread Pudding/Milk	25 Turkey Noodle Casserole Broccoli Florets Baked Apple Slc Dinner Roll Cookie/Milk	26 Roast Beef w/ gravy Mashed Potato Corn Peaches Bread/Milk	27 Salmon Loaf Creamed Peas Roasted Potat Bread Cake/Milk
30 Salisbury Steak w/gravy Baked Potato Peas & Carrots Bread Dessert/Milk	31 Tater Tot Casserole Green Beans Peaches Dinner Roll Bar/Milk			

*Suggested donation of \$5.00 for 60 and older not due at meal
\$8.75 For those under 60, due at the time of the meal.*