

Lower Sioux Elder Nutrition Program Menu: July 1, 2019- July 28, 2019 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 *There will not be home delivered or congregate meal service on July 4th in observance of the 4 th of July Holiday.	July 1 Mexi-Chicken Wrap Chef's choice fruit Vanilla Pudding	July 2 Elder's Choice Day! Liver and Onions Mashed Potatoes w/gravy Asparagus Cornbread Apple Pie	July 3 Hearty Ham & White Bean Soup Autumn salad w/ pumpkin vinaigrette Cornbread muffin Angel Food with Berries & whipped topping	July 4 	July 5 Beef Stir Fry Brown rice Chocolate Pudding Sliced strawberries
	July 8 Ham and Broccoli Egg Bake Hash browns Mixed fruit cocktail	July 9 Turkey Vegetable Wrap Chef's choice fruit Yogurt Parfait w/ Berries	July 10 Grilled Chicken Breast w/ Gravy Wild Rice Salad Cooked carrots Whole wheat bread slice Apple Crisp	July 11 Black Bean Soup Garden Salad w/ Western dressing Breadstick Banana Pudding Square	July 12 Roast Beef Mashed Potatoes w/gravy Cranberry wild rice dinner roll Cooked green beans Chef's choice fruit
Week 3	July 15 Egg salad sandwich Strawberry spring salad Cherry pie	July 16 Chicken Noodle Soup Garden salad with light ranch Wheat dinner roll Apple Sauce	July 17 Baked Ham Au gratin potatoes California medley veggies Strawberry rhubarb square	July 18 Baked Lemon Pepper Fish Baked Potato Cooked Broccoli Berry Crisp	July 19 Taco Salad: Lean Ground Beef Lettuce, Tomato, Onion, Cheese, & Salsa in a Tortilla Bowl Chef's Choice fruit Oatmeal choc. chip cookie
	Week 4 Youth and Elder Art Showcase in MPR on Thursday, July 25 th 1:00 p.m.-3:00 p.m.	July 22 Chicken enchilada casserole Mexican Cole Slaw Chef's choice fruit	July 23 Elder's choice day! Boneless BBQ Potato salad Pickle Lemon pie	July 24 Broccoli Cheese Potato Soup Garden salad with western dressing Wheat breadstick Yogurt Parfait w/ Berries	July 25 Grilled Chicken Caesar Dinner Salad Whole Wheat bread Chef's choice fruit Banana pudding square *Youth and Elder Art Showcase
Week 5	July 29 Pot Roast Parsley Butter Potato Cooked Carrots Whole wheat bread slice Chocolate Pudding	July 30 Tuna noodle hot dish Cooked peas Whole wheat bread or roll Strawberry rhubarb square	July 31 Chicken Wild Rice Soup Garden Salad w/ light ranch dressing Wheat Dinner Roll Chef's choice fruit		

Menu includes 1% or skim milk, coffee, tea, water. The menu meets the requirements of the National Standards for providing healthy meals, the *Dietary Reference Intakes* (DRI's) and the *Dietary Guidelines for Americans*. Menu has been evaluated and approved by Stacy Hammer, RDN, LD. Menu is subject to change.

* Guest meals are available for \$6.50. Guest meal price includes: meal, drink and dessert. In order to ensure sufficient food is prepared, please call Gayle McCorkell one day prior at: 697-8016 if you need your meal delivered, or if you will be dining at Lower Sioux Community Center. Meals will be delivered between 11:30- 12:00 pm Monday- Friday at Community Center for those who wish to dine with friends and family. **Please turn over for information about the two new intergenerational Coordinator's serving our community and Elders!**

JOSH LARSEN, INTERGENERATIONAL COORDINATOR

My name is Josh Larsen. My father is Curt Larsen and my mother is the late Ann Larsen (Pendleton). I have a 10-year-old daughter, Ellery, who is going into the 5th grade. I am currently one of the Intergenerational Coordinators, but I have served my community in other jobs including working at Jackpot Junction Casino for 5 years, Recreation Direction for 5 years, and Morton at a local business.



Josh and Sara's office is currently located at the community center front conference room. Their office hours are from 8:30-4:30 Monday through Friday.

Josh and Sara can be reached at the following numbers:

Josh: 507-430-9189

Sara: 507- 430-5668

SARA BIDINGER, INTERGENERATIONAL COORDINATOR

My name is Sara Bidinger. My father is Mark Bidinger and my mother is Dorothy Neis. My wife Kortni Bidinger and I have 2 two sons, Chance and Aiden. We also provide foster care for our community and currently have 2 foster children living with us. I am working with Josh as an Inter-generational coordinator for the Lower Sioux Indian Community. Previously, I have worked at Ford in Redwood Falls, Jackpot Junction, and two summers as program worker for the summer youth work program.



Josh and Sara offer the following services and more!

- ✓ Connect elders and youth with new and existing supports and services
- ✓ Provide opportunities for intergenerational sharing and learning
 - ✓ Create and distribute elders' newsletters
 - ✓ Assist elders in accessing and maintaining physical health
 - ✓ Partnering with volunteer-led Wisdom Steps
 - ✓ Daily elder lunch service
- ✓ Conduct monthly meetings with elders, Tribal Council & LSIC departments
 - ✓ Advocate and serve as a general liaison for elders and youth