

Lower Sioux Elder Nutrition Program Menu: October 1, 2020- October 30, 2020 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				October 1	October 2
				Three Sisters Soup Garden Salad w/ Western Dressing Cornbread muffin with wojapi	Elder's Choice Day! Pork Chops Mashed Potatoes Chef's choice cooked vegetable Cherry pie
Week 2	October 5	October 6	October 7	October 8	October 9
	Beef Stir Fry Brown rice Chocolate Pudding w/ Strawberry Slices	Chicken Parmesan with noodles Cooked Broccoli Wheat Dinner roll Lemony fruit cup	Black Bean Soup Garden Salad w/ Light Ranch Breadstick Banana Pudding Square	Chicken Wild Rice Casserole Vegetable medley Whole wheat bread slice Angel Food w/ Berries & Whipped Topping	Baked Ham Au gratin potatoes Cooked green beans Apple Sauce
Week 3	October 12	October 13	October 14	October 15	October 16
	Garlic & Sage Roasted Pork Wild rice pilaf with vegetables Whole wheat bread slice Apple Crisp	Swedish Meatballs w/ Egg Noodles Chef's choice cooked vegetable Wheat breadstick Chef's Choice Fresh Fruit	Chicken enchilada casserole Mexican Cole Slaw Mixed fruit cocktail	Hearty Ham & White Bean Soup Mixed Greens w/ Ranch dressing Banana pudding square	Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Lemony fruit cup
Week 4	October 19	October 20	October 21	October 22	October 23
	Chicken Chow Mein Chef's Choice Fruit Oatmeal choc. chip cookie	Cranberry Pork Loin Chops Seasonal cooked Vegetables Brown rice pilaf Berry Crisp	Beef Stew Pumpkin Seed Spinach Salad Whole wheat bread slice Yogurt Parfait w/ Berries	Ham and Broccoli Egg Bake Hash browns Mixed fruit cocktail	Elder's Choice Day! Liver and Onions Mashed Potatoes w/gravy Asparagus Cornbread Apple Pie
Week 5	October 26	October 27	October 28	October 29	October 30
	Egg salad sandwich Garden salad with Ranch Yogurt Parfait w/ Berries	Braised beef tips w/ gravy mashed potatoes steamed mixed veggies wheat bread Chef's choice fruit	BLT salad with avocado Breadstick Strawberry rhubarb square	Grilled Lemon Pepper Chicken Baked Potato California Medley Whole wheat bread slice Butterscotch Pudding	Autumn Squash Soup Turkey Sandwich Apple Crisp



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.

*If you need to make any changes to your delivery schedule, please call the Lower Sioux EOC at least one day prior at: 320-522-0216. Meals will be delivered between 11:00-12:00 pm Monday- Friday.

Reminder: The Lower Sioux Elder Caregiver Services Program has a stocked durable medical equipment lending closet!

Current durable medical equipment available from the Lower Sioux Health Care Center lending closet includes:

- Portable ramps, pill dispensers, rollator with seat and breaks, transport chairs, commodes and a portable hospital bed for end of life/hospice use in the home.
- If you or a family member have a need for durable medical equipment, please call Stacy Hammer at: 697-8945 to find out if the equipment needed is available and in stock at the Lower Sioux Health Care Center lending closet.