

Lower Sioux Elder Nutrition Program Menu: February 1, 2021- February 26, 2021 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	February 1	February 2	February 3	February 4	February 5
	Chicken Parmesan with noodles Cooked Broccoli Wheat Dinner roll Lemony fruit cup	Elder's Choice Day! Liver and Onions Mashed Potatoes w/gravy Asparagus Cornbread Apple Pie	Hearty Ham & White Bean Soup Mixed Greens w/ Ranch dressing Banana pudding square	Beef Stir Fry Brown rice Chocolate Pudding w/ Strawberry Slices	Egg salad sandwich Garden salad with Ranch Yogurt Parfait w/ Berries
Week 2	February 8	February 9	February 10	February 11	February 12
	Chicken enchilada casserole Mexican Cole Slaw Mixed fruit cocktail	Swedish Meatballs w/ Egg Noodles Chef's choice cooked vegetable Wheat breadstick Chef's Choice Fresh Fruit	Beef Stew Pumpkin Seed Spinach Salad Whole wheat bread slice Yogurt Parfait w/ Berries	Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Lemony fruit cup	BLT salad with avocado Breadstick Strawberry rhubarb square
Week 3 	February 15	February 16	February 17	February 18	February 19
	Grilled Lemon Pepper Chicken Baked Potato California Medley Whole wheat bread slice Butterscotch Pudding	Garlic & Sage Roasted Pork Wild rice pilaf with vegetables Whole wheat bread slice Apple Crisp	Three Sisters Soup Garden Salad w/ Western Dressing Cornbread muffin with wojapi	Egg Bake Hash browns Mixed fruit cocktail	Chicken Wild Rice Casserole Vegetable medley Whole wheat bread slice Angel Food w/ Berries & Whipped Topping
Week 4	February 22	February 23	February 24	February 25	February 26
	Cranberry Pork Loin Chops Seasonal cooked Vegetables Brown rice pilaf Berry Crisp	Elders choice Day! Tator Tot Hot Dish Chef's choice Vegetable Chocolate Brownie	Broccoli Cheese Potato Soup Pumpkin Seed Spinach Salad Wheat breadstick Yogurt Parfait w/ Berries	Turkey Vegetable Wrap Chef's choice fruit Banana pudding square	Braised beef tips w/ gravy mashed potatoes steamed mixed veggies wheat bread 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.

*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.

The Lower Sioux Indian Community has a new communications tool, the weekly e-newsletter which can be sent to you via e-mail. To sign up to receive the e-newsletter and stay up to date with latest events and important announcements, please contact Tabia Goodthunder at: tabia.goodthunder@lowersioux.com or by calling the center at 697-6185 and ask to be transferred to Tabia.