

Lower Sioux Elder Nutrition Program Menu: May 3, 2021- May 31, 2021 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	May 3	May 4	May 5	May 6	May 7
	Split pea and ham soup Garden salad with western dressing Wheat breadstick Apple pie	Elder's Choice Day! Broasted Chicken Mashed potatoes/gravy Corn Chef's choice dessert	Mexi-Chicken Wrap Chef's choice fruit Vanilla Pudding	Beef Stroganoff Cooked carrots Wheat bread Angel Food with Berries & whipped topping	Turkey Pot Pie Garden Salad w/ Light Ranch Mixed berry Crisp
Week 2	May 10	May 11	May 12	May 13	May 14
	Grilled Chicken Breast w/ Gravy Wild Rice Salad Cooked carrots Whole wheat bread slice Apple Crisp	Chili Shredded cheese topping Pumpkin seed spinach salad Cornbread muffin with wojapi	Pot Roast Parsley Butter Potato Cooked vegetable medley Whole wheat bread slice Chocolate Pudding	Grilled Chicken Caesar Dinner Salad Whole Wheat bread Strawberry rhubarb square	Meatloaf w/gravy Mashed Potatoes Cooked green beans Whole Wheat Dinner Roll Mixed fruit cocktail
Week 3	May 17	May 18	May 19	May 20	May 21
	Chicken Noodle Soup Garden salad with western dressing Wheat dinner roll Banana pudding square	Roast Beef Mashed Potatoes w/gravy Cranberry wild rice dinner roll Cooked green beans Chef's choice fruit	Three sister's vegetable lasagna Pumpkin seed spinach salad Breadstick Cherry pie	Chicken Parmesan with noodles Cooked Broccoli Wheat Dinner roll Lemony fruit cup	Baked Ham Au gratin potatoes Cooked green beans Apple Sauce
Week 4	May 24	May 25	May 26	May 27	May 28
	Chef's Salad w/ Western Dressing Whole wheat bread slice Chef's Choice Fruit	Elder's Choice Day! Liver and Onions Mashed Potatoes w/gravy Asparagus Cornbread Blueberry Pie	Beef Stir Fry Brown rice Chocolate Pudding w/ Strawberry Slices	Chicken Wild Rice Soup Garden Salad w/ Western Dressing Wheat Dinner Roll Chocolate brownie	Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Mixed berry crisp
Week 5	May 31				
There will not be home delivered or congregate meal service on May 31st in observance of Memorial Day.					

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. Please see the back of the menu for April Cansayapi Food Pantry dates of operation. The Food Pantry is currently located at Jackpot Junction, in the Dakota Expo Center (DEC).



CANSAYAPI FOOD PANTRY

**Wednesdays in May: 5th, 12th,
19th, & 26th!**
9:00am - 6:00pm

**Pantry guests are encouraged to bring their
reusable grocery bags to earn tickets for drawings!**

If you or your family is experiencing an emergency food need
on a day the pantry is not open, please call 507-430-5746 to
set up an appointment to come in to visit the pantry.

**THIS FOOD PANTRY IS FOR ALL JACKPOT
EMPLOYEES, LSIC EMPLOYEES, LSIC MEMBERS, &
FAMILIES SERVED BY LSIC (HUMAN SERVICES,
CWO, ETC.)**

- COVID precautions will be practiced
- Pick up only, deliveries will not be provided.
- Distribution portions will be practiced
- Employee badges will be required to receive distribution

Please call Lyz at 507-430-5746 or email
lyz.lablanc@lowersioux.com for questions.