

Lower Sioux Elder Nutrition Program Menu: September 1, 2021 – September 30, 2021 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1			September 1	September 2	September 3
			Mexi-Chicken Wrap Chef's choice fruit Vanilla Pudding	Chef's Salad w/ Western Dressing Whole wheat bread slice Chef's Choice Fruit	Elder's Choice Day! Broasted Chicken Mashed potatoes/gravy Corn Chef's choice dessert
Week 2 *There will not be a home delivered meal service on September 6th in observance of Labor Day.	September 6 	September 7 Grilled Chicken Breast w/ Gravy Wild Rice Salad Cooked green beans Whole wheat bread slice Apple Crisp	September 8 Split pea and ham soup Garden salad with ranch dressing Wheat breadstick Blueberry pie	September 9 Pot Roast Parsley Butter Potato Cooked vegetable medley Whole wheat bread slice Chocolate Pudding	September 10 Chicken Parmesan with noodles Cooked Broccoli Wheat Dinner roll Lemony fruit cup
Week 3	September 13 Chicken Noodle Soup Garden salad with western dressing Wheat dinner roll Banana pudding square	September 14 Grilled Chicken Caesar Dinner Salad Whole Wheat bread Strawberry rhubarb square	September 15 Meatloaf w/gravy Mashed Potatoes Cooked green beans Whole Wheat Dinner Roll Mixed fruit cocktail	September 16 Turkey Pot Pie Garden Salad w/ Light Ranch Mixed berry Crisp	September 17 Three sister's vegetable lasagna Pumpkin seed spinach salad Breadstick Cherry pie
Week 4	September 20 Roast Beef Mashed Potatoes w/gravy Cranberry wild rice dinner roll Cooked green carrots Chef's choice fruit	September 21 Chili Shredded cheese topping Pumpkin seed spinach salad Cornbread muffin with wojapi	September 22 Baked Ham Au gratin potatoes Cooked green beans Apple Sauce	September 23 Spaghetti w/ Meat Sauce Cooked broccoli English Muffin Garlic Bread Banana pudding square	September 24 Elders' choice Day! Tator Tot Hot Dish Chef's choice Vegetable Carrot Cake
Week 5	September 27 Beef Stir Fry Brown rice Chocolate Pudding w/ Strawberry Slices	September 28 Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans Mixed berry crisp	September 29 Chicken Wild Rice Soup Garden Salad w/ Western Dressing Wheat Dinner Roll Chocolate brownie	September 30 Egg Bake Hash browns Mixed fruit cocktail	
New Cansayapi Food Pantry Grand opening on Wednesday, September 29th!! 9a.m.- 6p.m.					

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 Josh Larsen at least one day prior at: 507-430-9189. Meals will be delivered between 11:00- 12:00 pm Monday- Friday **Please turn over for the September Community health sponsored event calendar!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Health Adult & Elder September 2021 Calendar	Need rides to events and activities? Call (507) 430-5668 or (507) 430-9189 We will try our best to accommodate you!		1	2 ATV Rides & Exploring 1pm Meet at Center	3	4
5	6 Community Health Offices and Lower Sioux Health Care Center Closed in Observance of Labor Day	7 Farmers Market Trip 1:45pm Center Restorative Yoga 4:45-5:45pm Clinic	8 Adult & Elder River Fishing (no boat) Meet at LS Agency 9:30am Bring a chair!	9 ATV Rides & Exploring 1pm Meet at Center	10	11
12	13 Move it Monday 1-2pm Wacipi Grounds	14 Farmers Market Trip 1:45pm Center Restorative Yoga 4:45-5:45pm Clinic	15	16 ATV Rides & Exploring 1pm Meet at Center	17	18
19	20 Move it Monday 1-2pm LS Agency Trails	21 Farmers Market Trip 1:45pm Center Restorative Yoga 4:45-5:45pm Clinic	22	23 ATV Rides & Exploring 1pm Meet at Center	24	25
26	27 Elder Reunion & Picnic 12pm Wacipi Grounds Move it Monday 1-2pm Wacipi Grounds	28 Farmers Market Trip 1:45pm Center Restorative Yoga 4:45-5:45pm Clinic	29 Cansayapi Food Pantry 9-6pm Resource Hub building!	30 ATV Rides & Exploring 1pm Meet at Center		<i>*Calendar subject to change</i>