



## Lower Sioux Elder Nutrition Program Menu: October 1, 2021- October 29, 2021 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					October 1 Chicken Wild Rice Casserole Vegetable medley Whole wheat bread slice Angel Food w/ Berries & Whipped Topping
Week 2	October 4 <b>Elder's choice Day!</b>  <b>Beef Commercial</b> <b>Cooked Green Beans</b> <b>Chef's choice pie</b>	October 5 BLT salad with avocado Breadstick Strawberry rhubarb square	October 6 Swedish Meatballs w/ Egg Noodles Chef's choice cooked vegetable Wheat breadstick Chef's Choice Fresh Fruit	October 7 Three Sisters Soup Garden Salad w/ Western Dressing Cornbread muffin with wojapi	October 8 Garlic & Sage Roasted Pork Wild rice pilaf with vegetables Whole wheat bread slice Apple Crisp
Week 3 *Community Center and Community Health offices closed in observance of Indigenous People's Day	October 11  <b>*No elder meal service</b>	October 12 Turkey Vegetable Wrap Chef's choice fruit Banana pudding square	October 13 Beef Stew Pumpkin Seed Spinach Salad Whole wheat bread slice Yogurt Parfait w/ Berries	October 14 Chicken enchilada casserole Mexican Cole Slaw Mixed fruit cocktail	October 15 Beef Stroganoff Cooked carrots Wheat bread Chocolate Brownie
Week 4	October 18 <b>Elder's choice day!</b> <b>Boneless BBQ</b> <b>Potato salad</b> <b>Pickle</b> <b>Apple pie</b>	October 19 Hearty Ham & White Bean Soup Mixed Greens w/ Ranch dressing Banana pudding square	October 20 Sweet Potato Burrito Bowl Salsa, sour cream Sugar free vanilla Pudding	October 21 Cranberry Pork Loin Chops Seasonal cooked Vegetables Brown rice pilaf Berry Crisp	October 22 Taco Salad: Lean Ground Beef Lettuce, Tomato, Onion, Cheese, & Salsa in a Tortilla Bowl Chef's Choice fruit
Week 5 	October 25 Grilled Lemon Pepper Chicken Baked Potato California Medley Whole wheat bread slice Butterscotch Pudding	October 26 Egg salad sandwich Garden salad with western dressing Strawberry rhubarb square	October 27 Braised beef tips w/ gravy mashed potatoes steamed mixed veggies wheat bread Chef's choice fruit	October 28 Chicken Parmesan with noodles Cooked Broccoli Wheat Dinner roll Lemony fruit cup	October 29 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 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 October Community health sponsored event calendar!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Community Health Adult &amp; Elder October 2021</b>	Need rides to events? Call (507) 430-9189 OR (507) 430-5668 We will try our best to accommodate you!				1	2
3	4 Move it Mondays! 1-2pm Meet at Wacipi Grounds	5	6 Cansayapi Food Pantry 9am-6pm	7 ATV Rides & Exploring 1pm Meet at Center	8	9
10	11 Move it Mondays! 1-2pm Meet at LS Agency	12	13 Cansayapi Food Pantry 9am-6pm	14 ATV Rides & Exploring 1pm Meet at Center	15	16
17	18 Move it Mondays! 1-2pm Meet at Wacipi Grounds	19	20 Cansayapi Food Pantry 9am-6pm	21 ATV Rides & Exploring 1pm Meet at Center	22	23
24	25 Move it Mondays! 1-2pm Meet at LS Agency	26	27 Cansayapi Food Pantry 9am-6pm	28 ATV Rides & Exploring 1pm Meet at Center	29	30
31						<i>Calendar Subject to Change</i>