

## Lower Sioux Elder Nutrition Program Menu: November 1, 2021- November 30, 2021 Wicozani

| Weekly Events   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|---|--|--|--|
| <b>Week 1</b>   | November 1  | November 2  | November 3   | November 4   | November 5   |
|   | Meatloaf w/gravy<br>Mashed Potatoes<br>Cooked green beans<br>Whole Wheat Dinner Roll<br>Mixed fruit cocktail  | <b>Elder's Choice Day!</b><br><br><b>Broasted Chicken</b><br><b>Mashed potatoes/gravy</b><br><b>Corn</b><br><b>Chef's choice dessert</b>                          | Chef's Salad w/ Western Dressing<br>Whole wheat bread slice<br>Chef's Choice Fruit                                 | Mexi-Chicken Wrap<br>Chef's choice fruit<br>Vanilla Pudding  | Split pea and ham soup<br>Garden salad with ranch dressing<br>Wheat breadstick<br>Blueberry pie                              |
| <b>Week 2</b>   | November 8  | November 9  | November 10  | November 11  | November 12  |
|   | Pot Roast<br>Parsley Butter Potato<br>Cooked vegetable medley<br>Whole wheat bread slice<br>Chocolate Pudding | Chicken Noodle Soup<br>Garden salad with western dressing<br>Wheat dinner roll<br>Banana pudding square   | Grilled Chicken Breast w/ Gravy<br>Wild Rice Salad<br>Cooked green beans<br>Whole wheat bread slice<br>Apple Sauce | Turkey Pot Pie<br>Garden Salad w/ Light Ranch<br>Mixed berry Crisp   | Three sister's vegetable lasagna<br>Pumpkin seed spinach salad<br>Breadstick<br>Cherry pie                                   |
| <b>Week 3</b>   | November 15   | November 16   | November 17  | November 18  | November 19  |
|   | Grilled Chicken Caesar Dinner Salad<br>Whole Wheat bread<br>Strawberry rhubarb square                         | Roast Beef<br>Mashed Potatoes w/gravy<br>Cranberry wild rice dinner roll<br>Cooked green carrots<br>Chef's choice fruit   | Chili<br>Shredded cheese topping<br>Pumpkin seed spinach salad<br>Cornbread muffin with wojapi                     | Baked Ham<br>Au gratin potatoes<br>Cooked green beans<br>Apple Crisp   | Spaghetti w/ Meat Sauce<br>Cooked broccoli<br>English Muffin Garlic Bread<br>Banana pudding square                           |
| <b>Week 4</b><br><b>*There will not be a home delivered meal service on November 25th &amp; 26th in observance of Thanksgiving holiday.</b> | November 22   | November 23   | November 24  | November 25  | November 26  |
|   | Beef Stir Fry<br>Brown rice<br>Chocolate Pudding w/ Strawberry Slices   | <b>Elder's Choice Day!</b><br><b>Liver and Onions</b><br><b>Mashed Potatoes w/gravy</b><br><b>Chef's choice vegetable</b><br><b>Cornbread</b><br><b>Apple Pie</b> | Chicken Wild Rice Soup<br>Garden Salad w/ Western Dressing<br>Wheat Dinner Roll<br>Chocolate brownie               | <br><b>*No Elder Meal Service</b> | <b>* No elder meal service.</b><br>All LSIC Government buildings and Clinic are closed in observance of Thanksgiving holiday |
| <b>Week 5</b>   | November 29   | November 30   |  |  |  |
|   | Egg Bake<br>Hash browns<br>Mixed fruit cocktail   | Roasted Turkey Breast w/ Gravy<br>Rustic Mashed Potatoes<br>Cooked Green Beans<br>Mixed berry 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 November Community health sponsored event calendar!**

## November 2021 Schedule of Events

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday                               |
|---|-----------|---|---|---|--|
| <b>1</b><br><b>Wellness + Walking</b><br><b>Rec Gym</b><br><b>1:00pm</b>  | <b>2</b>  | <b>3</b><br><b>Cansayapi Food</b><br><b>Pantry</b><br><b>9am-6pm</b>  | <b>4</b><br><b>Diabetes Basics &amp;</b><br><b>BINGO</b><br><b>Rec Center 1:30pm</b>  | <b>5</b><br><b>Coffee &amp; Conversation</b><br><b>about Health &amp; Wellness</b><br><b>Resource Hub</b><br><b>9am-10am</b>  | <b>6</b>                               |
| <b>8</b><br><b>Wellness + Walking</b><br><b>Rec Gym</b><br><b>1:00pm</b>  | <b>9</b>  | <b>10</b><br><b>Cansayapi Food</b><br><b>Pantry</b><br><b>9am-6pm</b> | <b>11</b><br><b>Diabetes Basics &amp;</b><br><b>BINGO</b><br><b>Rec Center 1:30pm</b>   | <b>12</b><br><b>Coffee &amp; Conversation</b><br><b>about Health &amp; Wellness</b><br><b>Resource Hub</b><br><b>9am-10am</b> | <b>13</b>                              |
| <b>15</b><br><b>Wellness + Walking</b><br><b>Rec Gym</b><br><b>1:00pm</b> | <b>16</b> | <b>17</b><br><b>Cansayapi Food</b><br><b>Pantry</b><br><b>9am-6pm</b> | <b>18</b><br><b>Diabetes Basics &amp;</b><br><b>BINGO</b><br><b>Rec Center 1:30pm</b><br><br><b>Wellness Dinner</b><br><b>Honoring Our Veterans</b><br><b>Jackpot 5-8pm</b> | <b>19</b><br><b>Coffee &amp; Conversation</b><br><b>about Health &amp; Wellness</b><br><b>Resource Hub</b><br><b>9am-10am</b> | <b>20</b>                              |
| <b>22</b><br><b>Wellness + Walking</b><br><b>Rec Gym</b><br><b>1:00pm</b> | <b>23</b> | <b>24</b><br><b>Cansayapi Food</b><br><b>Pantry</b><br><b>9am-6pm</b> | <b>25</b><br><b>Community Health</b><br><b>Closed for Holiday</b>   | <b>26</b><br><b>Community Health Closed</b><br><b>for Holiday</b>   | <b>27</b>                              |
| <b>29</b><br><b>Wellness + Walking</b><br><b>Rec Gym</b><br><b>1:00pm</b> | <b>30</b> |   |   |   | <i>Calendar subject to<br/>change.</i> |