

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

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	November 1	November 2	November 3	November 4	November 5
	Meatloaf w/gravy Mashed Potatoes Cooked green beans Whole Wheat Dinner Roll Mixed fruit cocktail	Elder's Choice Day! Broasted Chicken Mashed potatoes/gravy Corn Chef's choice dessert	Chef's Salad w/ Western Dressing Whole wheat bread slice Chef's Choice Fruit	Mexi-Chicken Wrap Chef's choice fruit Vanilla Pudding	Split pea and ham soup Garden salad with ranch dressing Wheat breadstick Blueberry pie
Week 2	November 8	November 9	November 10	November 11	November 12
	Pot Roast Parsley Butter Potato Cooked vegetable medley Whole wheat bread slice Chocolate Pudding	Chicken Noodle Soup Garden salad with western dressing Wheat dinner roll Banana pudding square	Grilled Chicken Breast w/ Gravy Wild Rice Salad Cooked green beans Whole wheat bread slice Apple Sauce	Turkey Pot Pie Garden Salad w/ Light Ranch Mixed berry Crisp	Three sister's vegetable lasagna Pumpkin seed spinach salad Breadstick Cherry pie
Week 3	November 15	November 16	November 17	November 18	November 19
	Grilled Chicken Caesar Dinner Salad Whole Wheat bread Strawberry rhubarb square	Roast Beef Mashed Potatoes w/gravy Cranberry wild rice dinner roll Cooked green carrots Chef's choice fruit	Chili Shredded cheese topping Pumpkin seed spinach salad Cornbread muffin with wojapi	Baked Ham Au gratin potatoes Cooked green beans Apple Crisp	Spaghetti w/ Meat Sauce Cooked broccoli English Muffin Garlic Bread Banana pudding square
Week 4 *There will not be a home delivered meal service on November 25th & 26th in observance of Thanksgiving holiday.	November 22	November 23	November 24	November 25	November 26
	Beef Stir Fry Brown rice Chocolate Pudding w/ Strawberry Slices	Elder's Choice Day! Liver and Onions Mashed Potatoes w/gravy Chef's choice vegetable Cornbread Apple Pie	Chicken Wild Rice Soup Garden Salad w/ Western Dressing Wheat Dinner Roll Chocolate brownie	 *No Elder Meal Service	* No elder meal service. All LSIC Government buildings and Clinic are closed in observance of Thanksgiving holiday
Week 5	November 29	November 30			
	Egg Bake Hash browns Mixed fruit cocktail	Roasted Turkey Breast w/ Gravy Rustic Mashed Potatoes Cooked Green Beans 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
1 Wellness + Walking Rec Gym 1:00pm	2	3 Cansayapi Food Pantry 9am-6pm	4 Diabetes Basics & BINGO Rec Center 1:30pm	5 Coffee & Conversation about Health & Wellness Resource Hub 9am-10am	6
8 Wellness + Walking Rec Gym 1:00pm	9	10 Cansayapi Food Pantry 9am-6pm	11 Diabetes Basics & BINGO Rec Center 1:30pm	12 Coffee & Conversation about Health & Wellness Resource Hub 9am-10am	13
15 Wellness + Walking Rec Gym 1:00pm	16	17 Cansayapi Food Pantry 9am-6pm	18 Diabetes Basics & BINGO Rec Center 1:30pm Wellness Dinner Honoring Our Veterans Jackpot 5-8pm	19 Coffee & Conversation about Health & Wellness Resource Hub 9am-10am	20
22 Wellness + Walking Rec Gym 1:00pm	23	24 Cansayapi Food Pantry 9am-6pm	25 Community Health Closed for Holiday	26 Community Health Closed for Holiday	27
29 Wellness + Walking Rec Gym 1:00pm	30				<i>Calendar subject to change.</i>