


May, 2018

Zion Lutheran Church


<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 9:30 am Circles 10 am Preschool Chapel 11 am Text Study 6:30 pm Mary Circle	2 9 am Staff Mtg. 1-2:30 pm Preschool VBS 6:30 pm Prayer in the Park	3 9:45 am OWLS 11 am DOVES 12:30-6:30 pm Bloodmobile 7:30 pm AA	4 8 am – 1 pm Bloodmobile	5 3 pm Nordic Fest at Ness Church with 7 pm Musical Program
		6 7:45 am Choir 8:30 & 10:45 am Worship/HC with Minnesota Boys Choir 9:45 am Sunday School 9:45 am Breakfast Bag Assembly 6:30 pm 4H	7 10 am AA 7 pm Rainbow Singers 7:30 pm AA	8 8 am Mission Sewing 10 am Preschool Chapel 12:00 Crow River Rostered Leaders 1-2 pm NAPS 4 pm WOW	9 9 am Staff Mtg. 1-2:30 pm Preschool VBS 7 pm Musicians Meeting	10 9:45 am OWLS 11 am DOVES 4 pm Cover to Cover 7:30 pm AA
13 7:45 am Choir 8:30 & 10:45 Worship 9:45 am Education Hr.	14 10 am AA 7 pm Rainbow Singers 7:30 pm AA	15 8:30 am LAMA 9 am Kitchen Cleanup 10 am Preschool Chapel 11 am Text Study	16 10 am Staff Mtg. 1-2:30 pm Preschool VBS	17 9:45 am OWLS 11 am DOVES 1:30 pm WELCA at First Lutheran 7:30 pm AA	18 Newsletter Deadline 6:30 pm Ignite	19 9 am 6K Walk for World Vision
20 8:30 & 10:45 Worship/HC 9:45 am Last Day Sunday School and Appreciation	21 10 am AA 7 pm Rainbow Singers 7:30 AA	22 8 am Mission Sewing 10 am Preschool Chapel 11 am Text Study 2:30 pm Esther Circle to Meeker Manor 4 pm WOW	23 9 am Staff Mtg. 1-2:30 pm Preschool VBS	24 9:45 am OWLS 11 am DOVES 1 pm VOZ Assembly 7:30 pm AA	25	26
27 9:15 am Worship 5:30 pm Share-A-Meal	28 <i>Office Closed</i> 10 am AA 7:30 pm AA	29 11 am Text Study	30 9 am Staff Mtg. 7:30 pm Baccalaureate at Sr. High School Little Theater	31 9:45 am OWLS 11:00 am DOVES 7:30 pm AA		

To reserve your meal, call 693-6318 at least one day ahead of time between 10:30 a.m. and Noon.

Lutheran Social Service

MAY 2018

Senior Nutrition Program

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
	Taco Salad: 3oz Taco Meat 1/2oz. Cheese, 2 Tbsp Salsa 1c. Shred lettuce & chopped Tomatoes 1Tb. Sour Crm, Dinner Roll/Marg 1/2 c. Fresh Fruit, 2"x2" Bar 8 oz. Low Fat Milk	6oz. Chicken in Cream Sauce 1/2 c. Mashed Potatoes 1/2 c. Peas Bread/Margarine 2"x2" Cream Puff Dessert 8 oz. Low Fat Milk	3 oz. Pork Loin 1/2 c. Buttered Boiled Potatoes 1/2 c. Creamed Carrots Bread/Margarine 2"x2" Poke Cake 8 oz. Low Fat Milk	4 oz. Italian Meat Sauce 4 oz. Spaghetti Noodles 1/2 c. Lettuce/Drsg/1/2c Gr. Beans Garlic Bread/Margarine 1/2 c. Ice Cream 8 oz. Low Fat Milk
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
3 oz. Salisbury Steak 1/2 c. Mashed Potatoes 1/2 c. Mixed Vegetables Bread/Margarine 1/2 c. Pineapple 8 oz. Low Fat Milk	3 oz. BBQ Pork 1/2 c. Potato Salad 1/2 c. Cauliflower Bun/Margarine Banana 8 oz. Low Fat Milk	6 oz. Baked Rigatoni & Beef 1/2 c. Corn 1/2 c. Fruit Salad Bread/Margarine Cookie 8 oz. Low Fat Milk	4 oz. Pub House Fish 1/2c. Macaroni & Cheese 1/2 c. Peas & Carrots 1/2 c. Pears 2"x2" Raspberry Parfait Dessert 8 oz. Low Fat Milk	3 oz. Chicken Salad 1/2 c. Marinated Veg. Salad 1/2 c. Fresh Fruit Bun/Margarine 2"x2" Blondie 8 oz. Low Fat Milk
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
4 oz. Beef Tips/Gravy 1/2 c. Noodles/1/2 Peaches 1/2 c. Country Blend Veget. Bread/Margarine Cookie 8 oz. Low Fat Milk	5 oz. Parmesan Chicken Baked Potato Sr. Crm. 1/2 c. California Blend Veg Bread/Margarine 1/2 c. Fruit Cocktail 8 oz. Low Fat Milk	3 oz. Roast Turkey 1/2c. Mashed Potatoes/Gravy 1/2c. Green Beans Cranberry Sc. Garnish 2x2" Frosted Cake 8 oz. Low Fat Milk	^{\$2.00} _{day} 3 oz. Roast Pork 1/2 c. Whole Potatoes 1/2 c. Buttered Cabbage Bread/Margarine 1/2 c. Rosy Applesauce 8 oz. Low Fat Milk	4 oz. BBQ Chicken Brst Sandwich 1/2c. Creamy Cucumber Salad 1/2 c. Fresh Fruit Bun/Margarine 2"x2" Bar 8 oz. Low Fat Milk
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
6 oz. Chicken Chow Mein 1/2c. Rice/Chow Mein Noodles 1/2 c. Oriental Vegetables 1/2 c. Mandarin Oranges Cookie 8 oz. Low Fat Milk	3 oz. Liver or Pepper Steak 1/2 c. Buttered Boiled Potatoes 1/2 c. Peas Bread/Margarine 1/2 c. Apricots 8 oz. Low Fat Milk	Chef Salad 1 oz. each Turkey, Ham, Cheese on 1 cup Lettuce/Salad Drsg. 1/2 c. Tomato & Cucum. Slices Muffin/Marg./2"x2" Bar 8 oz. Low Fat Milk	3 oz. Roast Beef 1/2 c. Mashed Potatoes 1/2 c. Carrots Dinner Roll/Margarine 2"x2" Cheesecake 8 oz. Low Fat Milk	4 oz. Swedish Meatballs 1/2 c. Paprika Potatoes 1/2 c Creamed Spinach Bread/Margarine 1/2 c. Ice Cream 8 oz. Low Fat Milk
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	GIFT CERTIFICATES for meals available at your site or purchase on line at www.lssmn.org/nutrition Remember Mom... MOTHER'S DAY May 13
Closed for Memorial Day	3 oz. Country Fried Steak/Grav 1/2 c. Whole Potatoes 1/2 c. Squash Bread/Margarine 1/2 c. Pudding 8 oz. Low Fat Milk	4 oz. Meatloaf/Catsup 1/2 c. Mashed Potatoes 1/2 c. Green Beans Bread/Margarine 1/2 c. Pears 8 oz. Low Fat Milk	5 oz. Oven Crispy Chicken 1/2 c. Sweet Potatoes 1/2 c. Mixed Vegetables Bread/Margarine 2"x2" Cake 8 oz. Low Fat Milk	

This service is funded in part by a contract from the Area Agency on Aging with funding from the Federal Older Americans Act through the Minnesota Board on Aging.

Additional funds are provided by the State of Minnesota, United Ways, local communities, and other adult contributions. Approved by: Terri Weyer, RD, LD

Posted menu is regular diet & provides average of 700-800 calories. Diabetic, sodium and fat restricted menus available upon request.

MENU SUBJECT TO CHANGE.