

# MARCH 2020

## Dethlefs Community Center



LSS Bistro Menu - Meals on Wheels - Meals to Go

217 Hillcrest Avenue, Spicer MN 56288

Order meals at 320.796.5208

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
3 oz Pulled Pork on Bun 1/2c Baked Beans 1/2c Potato Salad 1 each Cookie 8 oz. Low Fat Milk	4 oz Meatballs 1/2c Garlic Mashed Potato 1/2c Peas and Carrots 1 each Bread/ Margarine 2x2 Pie Bar 8 oz. Low Fat Milk	4 oz Baked Fish 1/2c Scalloped Potatoes 1/2c Coleslaw 1 each Corn Muffin/ Margarine 1/2c Apple Crisp 8 oz. Low Fat Milk	4 oz Beef Tips & Gravy 1/2c Mashed Potatoes 1/2c Country Blend 1 each Dinner Roll/Margarine 2x2 Bar 8 oz. Low Fat Milk	4 oz Sausage Gravy 1 each Biscuit 1 Hashbrown Patty w/ ketchup 1/2c Cinnamon Apples 1 BlueBerry Muffin w/ margarine 8 oz. Low Fat Milk
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
6 oz Goulash 1/2c Green Beans 1/2c Peaches 1 each Breadstick 8 oz. Low Fat Milk	6 oz Chicken Chow Mein 1/2c Rice 1/2c Mixed Oriental Vegetables 1 each Bread/Margarine 1/2c Fruit Crisp 8 oz. Low Fat Milk	8 oz Beef Stew Dinner Roll w/ Margarine 1/2c Pudding Dessert 1/2c Pears 8 oz. Low Fat Milk	4 oz Roast Turkey/Gravy 1/2c Mashed Potatoes 1/2c Broccoli 1 each Dinner Roll/Margarine 1 each Cookie 8 oz. Low Fat Milk	3 oz Hamburger on Bun 1 each ketchup/mustard 1/2c Lettuce Salad w dressing 1/2c Tatar Tots / ketchup 4 oz Ice Cream 8 oz. Low Fat Milk
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
4 oz Liver or Pepper Steak 1/2c Buttered Boiled Potatos 1/2c Squash 1 each Dinner Roll/ Margarine 1/2c Fruit Crisp 8 oz. Low Fat Milk	4x4 Beef Lasagna 1/2c Spinach Salad w/ dressing 1/2c Strawberry Applesauce 1 each Breadstick 2x2 Brownie 8 oz. Low Fat Milk	6oz Chicken Wild Rice Casserole 1/2c Winter Blend Vegetables 1/2c Pears 1 each Bread/Margarine 2x2 Cake 8 oz. Low Fat Milk	4oz Ham w/Raisin Sauce 1/2c Scalloped Potatoes 1/2c Green Beans 1 each Dinner Roll/Margarine 2x2 Bar 8 oz. Low Fat Milk	4oz Baked Fish w/ tarter sauce Creamed Peas Mashed Potatoes Bread 2"x2" Cheesecake 8 oz. Low Fat Milk
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
6 oz Chicken A La King 1 each Biscuit w/ Margarine 1/2c California Blend 1 each Cookie 8 oz. Low Fat Milk	3 oz Sloppy Joe on Bun 1/2c Cheesy Hashbrowns 1/2c Baked Beans 1/2c Mandarin Oranges 8 oz. Low Fat Milk	4oz Ginger Citrus Chicken 1/2c Rice Pilaf 1/2c Carrots 1/2c peaches 2x2 Pie Bar 8 oz. Low Fat Milk	3 oz Roast Beef w/Gravy 1/2c Mashed Potatoes 1/2c Corn 1/2c Cinnamon Apples 1 each Roll/ Margarine 8 oz. Low Fat Milk	6 oz White Chicken Chili 1/2 Cheese Sandwich 1/2c Lettuce Salad w dressing 1 each Banana 2x2 Bar 8 oz. Low Fat Milk
Monday, March 29	Tuesday, March 31	Wednesday, April 1	Thursday, April 2	Friday, April 3
3x3 Egg Bake w/Sausage 1/2c Fruit Cocktail 2x2 Coffeecake 8 oz. Low Fat Milk	4 oz Pork Loin 1/2c Mashed Potato w/ gravy 1/2c Broccoli 1/2c Apricots Chef's Choice Dessert 8 oz Low Fat Milk			

