

LIVING HOPE LUTHERAN CHURCH

580 East St. Louis Ave.

Las Vegas, Nevada 89104

Corner of 6th and St. Louis Ave.






Monday thru Friday: 2:00pm to 3:00pm**January 2023****HOLY SPIRIT LUTHERAN CHURCH**

6670 W. Cheyenne Ave.

Las Vegas, Nevada 89108

Corner of Cheyenne Ave. & Serene Dr.

Monday thru Friday: 11:30am to 12:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. CLOSED FOR THE HOLIDAY 	3. LD13-maple mustard chicken thighs, roasted potatoes, baby carrots, orange, milk or juice	4. ADSD#34-Sloppy Joe, WW Bun, Baked Beans, Baby Carrots, Fruit Cocktail, Milk/Juice	5. LD15-cajun baked chicken, mashed potatoes, vegetable medley, ww bread and margarine, pineapple, milk or juice	6. LD16-Swedish meatballs, gravy, pasta, green beans, green salad, vinaigrette, fruit salad, milk or juice
9. LD19-Beef Enchiladas, spanish rice, braised squash, corn and cucumber salad w. white beans, mandarin oranges, milk or juice	10. ADSD#39-Spaghetti w. Meat Sauce, Zucchini, Colorful Salad, Italian Dressing, 7 grain Bread, Margarine, Orange Mango Cup, Milk/Juice	11. LD20-Herb roasted chicken, braised cabbage, green salad, french dressing, ww bread and margarine, fruit cocktail, milk or juice	12. LD21-Meatloaf, mashed potatoes, steamed broccoli, ww bread and margarine, watermelon, milk or juice	13. ADSD#1-BBQ Chicken, Sour Cream Potato Salad, Steamed Spinach, Carrots and Peas, 7grain Bread, Margarine, Honeydew, Milk/juice
16. CLOSED FOR THE HOLIDAY 	17. LD1-Chicken Fajitas, flour tortilla, salsa, refried beans, roasted corn and peppers, pineapple, milk or juice	18. ADSD#13-Turkey Chili, WW Cornbread, Mixed Green Salad, Italian Dressing, Ambrosia, Milk/Juice	19. LD3-Pepper Beef, steamed rice, broccoli, ww bread and margarine, orange wedges, milk or juice	20. LD2-Fried Catfish, tartar sauce, coleslaw, roasted baby carrots, peaches, milk or juice
23. LD5-Garlic herb chicken, rice pilaf, roasted cauliflower, green salad, ranch dressing, ww bread and margarine, milk or juice	24. ADSD#55-Beef Tacos, Ranch Style Beans, Mexicorn, Tropical Fruit Salad, Milk/Juice	25. LD8-Citrus baked chicken, mashed potatoes, green beans, mandarin oranges, ww bread and margarine, milk or juice	26. ADSD#16-Beef Stew, WW Noodles, Garden Salad, French Dressing, Mixed Berries, Milk/Juice	27. LD11-Chicken Gumbo, white rice, peas and onions, ww Bread and margarine, fruit cocktail, milk or juice
30. LD13-maple mustard chicken thighs, roasted potatoes, baby carrots, orange, milk or juice	31. LD9-Beef and Broccoli, steamed white rice, stir fried cauliflower, spinach salad, vinaigrette, apricots, milk or juice			Meals prepared by: 

Nutrition Key: FF—Fat Free, WG—Whole Grain, LF— Low Fat, LS—Low Salt, WW—Whole Wheat**FREE FOR SENIORS AGED 60 AND OLDER!**