








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



December 2022

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
 5. ADSD#1-BBQ Chicken, Sour Cream Potato Salad, Steamed Spinach, Carrots and Peas, 7grain Bread, Margarine, Honeydew, Milk/juice	 6. LD19-Beef Enchiladas, spanish rice, braised squash, corn and cucumber salad w. white beans, mandarin oranges, milk or juice	 7. ADSD#39-Spaghetti w. Meat Sauce, Zucchini, Colorful Salad, Italian Dressing, 7 grain Bread, Margarine, Orange Mango Cup, Milk/Juice	1. ADSD#34-Sloppy Joe, WW Bun, Baked Beans, Baby Carrots, Fruit Cocktail, Milk/Juice	2. LD15-cajun baked chicken, mashed potatoes, vegetable medley, ww bread and margarine, pineapple, milk or juice
12. LD22-Paprika Chicken, rice pilaf, peas and mushrooms, peaches, ww bread and Margarine, milk or juice	13. ADSD#9-Italian Sausage w. Peppers and Onions, WW Pasta, Steamed Broccoli, Mixed Green Salad, Italian Dressing, Banana, Milk/Juice	14. ADSD#13-Turkey Chili, WW Cornbread, Mixed Green Salad, Italian Dressing, Ambrosia, Milk/Juice	8. LD18-Honey sriracha chicken thighs, roasted red potatoes, steamed broccoli, carrot raisin salad, milk or juice	9. LD16-Swedish meatballs, gravy, pasta, green beans, green salad, vinaigrette, fruit salad, milk or juice
19. ADSD#55-Beef Tacos, Ranch Style Beans, Mexican corn, Tropical Fruit Salad, Milk/Juice	20. LD4-turkey burger, ww bun, swiss cheese, lettuce, tomato, condiments, roasted carrots, green salad, vinaigrette, watermelon, milk or juice	21. ADSD#16-Beef Stew, WW Noodles, Garden Salad, French Dressing, Mixed Berries, Milk/Juice	15. LD23-Beef and Vegetable lasagna, green beans, garlic bread, tomato onion salad, Pears, milk or juice	16. LD2-Fried Catfish, tartar sauce, coleslaw, roasted baby carrots, peaches, milk or juice
26. Closed for the holidays 	27. LD10-Salisbury steak, roasted brussels sprouts, caesar salad, orange wedges, milk or juice	28. ADSD#32-Chicken Pasta Primavera, Colorful Salad, Italian Dressing, Garlic Bread, Citrus Delight, Milk/Juice	22. Closed for the holidays 	23. Closed for the holidays 
29. LD12-Beef and Rice skillet, steamed broccoli, green salad, vinaigrette, peaches, milk or juice	30. Closed for the holidays 			

Nutrition Key: FF—Fat Free, WG—Whole Grain, LF—Low Fat, LS—Low Salt, WW—Whole Wheat

FREE FOR SENIORS AGED 60 AND OLDER!