



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Tomato Soup Egg Salad on Croissant Garden Salad with Cherry tomatoes & Croutons Italian Dressing Blueberry Muffin/Butter	Baked Chicken Rigatoni Glazed Carrots Garlic Toast/Butter Fresh Pear Sugar Cookie	Beef Tips w Mushroom Gravy Buttered Egg Noodles Cowboy Corn Dinner Roll/Butter Banana Bar	White Turkey Chili Winter Blend Veggies Corn Muffin/Butter Fresh Banana Snickerdoodle Cookie	Breaded Pollock Fillet Tartar Sauce Packet Bow Tie Pasta California Veggies Warm Garlic Bread/Butter Diced Peaches Apple Strudel Bites ALT: Chick Breast om Lemon Pepper Sauce
9	10	11	12	13
Salisbury Steak in Onion Gravy Cheesy Hash Brown Potatoes Mixed Veggies Dinner Roll/Butter Fresh Apple	Chicken Wild Rice Soup Garden Salad Ranch Dressing Breadstick/Butter Cherry Strudel Fresh Pear	Sliced Ham Steak Scalloped Potatoes Green Peas 9 Grain Roll/Butter Lemon Bar ALT: Chicken Strips	Sloppy Joe on Bun JoJo Potatoes Cole Slaw Fresh Banana Chocolate Chip Cookie	Baked Fish with Panko/Parm Topping Tartar Sauce Packet Rice Pilaf Mediterranean Veggies Multi Grain Bread/Butter Fresh Orange ALT Chicken Parm/Marinara Sauce
16	17	18-St Pat's Meal	19	20
Tuscan Chicken & Vegetable Stew Potato Salad Warm Apple Slices Dinner Roll/Butter Cherry Fluff	Open Face Turkey Sandwich Mashed Potatoes & Gravy Capri Veggies Pineapple Rings English Toffee Cookie	Beef & Vegetable Stew Italian Blend Veggies Warm Biscuit/Butter Diced Pears Green Tart	Chicken Parmesan with Marinara Sauce over Penne Pasta Mixed Veggies Fresh Apple Sugar Cookie	Tilapia Almondine Tartar Sauce Packet Parsley Orzo Lima Beans Dinner Roll/Butter Peach Cobbler ALT: Lemon Chick Breast
23	24	25-Birthday Meal	26	27
Chicken Gumbo Steamed Rice Chefs Choice Veggie French Bread/Butter Fresh Orange Oatmeal Raisin Cookie	Baked Potato Soup Turkey Sandwich on Hoagie Bun Pasta Salad Rosy Applesauce Chefs Choice Cookie	Beef Pot Roast Mashed Potatoes & Gravy Green Beans WW Dinner Roll/Butter Cuties Chocolate Cake/White Icing/Sprinkles RCD: No Icing	Italian Meatloaf Roasted Potatoes Mixed Veggies Fresh Banana Blueberry Muffin	Tuna Noodle Casserole Carrot Breadstick/Butter Fresh Grapes M & M Cookie ALT: Turkey Noodle Casserole
30	31			
Smothered Chicken Leg with Brown Gravy Au Gratin Potatoes Brussel Sprouts Dinner Roll/Butter Fresh Apple	Kielbasa with Peppers & Onions on Bun Mustard Packet Potato Salad Fresh Fruit ALT: All Beef Hotdog			

1% milk and margarine are served with each meal. SR=salt restricted, RC=restricted calorie dessert. Your comments are welcome: call 952-945-4156. Volunteers of America Senior Nutrition Program serves all seniors regardless of race, color, sex, disability, national origin, or religion. The service is funded through a contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program and participant contributions. Upon request, this information will be made available in an alternative format: Braille, large print or audiotape. For TDD, contact Minnesota Relay Service at 1-800-627-3529. For more information about the services provided by Volunteers of America of MN go to www.voamn.org