



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Chicken Caesar Salad Caesar Dressing Honey Cornbread/Butter Mandarin Oranges Brownie <b>855 calories, 904 mg sodium, 31g sugar, 43g protein, 79g carb, 41g fat</b>	Beef Meatloaf/Glaze Mashed Potatoes/Gravy Green Beans Bread/Butter Diced Peaches <b>995 calories, 1176mg sodium, 45g sugar, 49g protein, 128g carb, 36g f</b>
5	6	7	8	9
Chicken Wild Rice Casserole Honey Glazed Carrots Roll/Butter Sliced Pears Snickerdoodle Cookie <b>937 calories, 1014mg sodium, 44g sugar, 37g protein, 115g carb, 34g fat</b>	Meatballs/Gravy Buttered Noodles Green Beans Breadstick/Butter Tropical Fruit Cherry Strudel <b>898 calories, 1011 mg sodium, 45g sugar, 40g protein, 118g carb, 28g fat</b>	Turkey Corn Dog Mustard Packet JoJo Potatoes Ketchup Packet Apple Slices Tapioca Pudding <b>677 calories, 1509 mg sodium, 45g sugar, 25g protein, 110g carb, 16g fat</b>	Sloppy Joe on WW Bun Spinach Salad w Balsamic & Croutons Mandarin Oranges Toffee Cookie <b>713 calories, 1411mg sodium, 34g sugar, 31 g protein, 90g carb, 27g fat</b>	Chicken Parmesan/ Pasta & Marinara Sauce California Veggies Diced Peaches Carrot Cake/ Frosting <b>914 calories, 840 mg sodium, 39g sugar, 57g protein, 108g carb, 28g fat</b>
12	13	14	15	16
Salisbury Steak/ Gravy Scalloped Potatoes Peas & Pearl Onions Rye Bread/Butter Mandarin Orange White Cake/ Icing <b>826 calories, 1415 mg sodium, 40g sugar, 34g protein, 99g carb, 34g f</b>	Lemon Pepper Roasted Chicken Red Potato Wedges German Blend Veggies Roll/Butter Diced Pears Butterscotch Pudding <b>970 calories, 713 mg sodium, 45g sugar, 53g protein, 83g carb, 46g f</b>	Country Fried Steak Mashed Potatoes & Country Gravy Peas & Carrots Hawaiian Bread/Butter Apple Sauce <b>843 calories, 1297 mg sodium, 22g sugar, 31g protein, 108g carb, 35g fat</b>	Grilled Chicken Cutlet on WW Bun Lettuce/Tomato Slice Potato Salad Cantaloupe Blueberry Strudel <b>830 calories, 1009mg sodium, 48g sugar, 36g protein, 101g carb, 31g ft</b>	Beef Lasagna Corn Warm Garlic Bread/Butter Fruit Cocktail Strawberry Fluff <b>887 calories, 970mg sodium, 56g sugar, 36g protein, 103g carb, 39g ft</b>
19	20	21	22 State Fair Day	23
BBQ Pork on Bun Baked Beans Carrots Pear Slices Spice Cake/ Frosting <b>946 calories, 1897 mg sodium, 81g sugar, 40g protein, 139g carb, 22g f</b>	Chicken/Broccoli Stir Fry Rice/Soy Sauce Packet Green Beans French Bread/Butter Fortune Cookie Mandarin Oranges <b>733 calories, 1098 mg sodium, 26g sugar, 46g protein, 100g carb, 15g fat</b>	Beef Cabbage Roll Au Gratin Potatoes 5- way Blend Veggies Rye Bread/Butter Apple Slices <b>572 calories, 1572 mg sodium, 28g sugar, 23 g protein, 94g carb, 12g fat</b>	All Beef Hot Dog on Bun Ketchup/Mustard Packs Tater Tots Creamy Coleslaw Watermelon <b>770 calories, 1747 mg sodium, 29g sugar, 24g protein, 74g carb, 41g fat</b>	Baked Fish w/Parm Topping Rice Pilaf Broccoli Bread/Butter Tropical Fruit <b>718 calories, 593mg sodium, 32g sugar, 42g protein, 76g carb, 28g fat</b>
26	27	28 Birthday Meal	29	30
Sweet & Sour Chicken Vegetable Fried Rice Carrots Breadstick/Butter Honeydew <b>772 calories, 1305mg sodium, 41g sugar, 45g protein, 118g carb, 13g f</b>	BBQ Beef Riblet on Hoagie Bun Green Beans Fruit Cocktail Apple Cookie <b>1354 calories, 1296mg sodium, 214g sugar, 33g protein, 268g carb, 26g f</b>	Beef Pot Roast Mashed Potatoes & Gravy Corn WW Dinner Roll/Butter Choc, Cake/White Icing <b>776 calories, 1461mg sodium, 18g sugar, 35g protein, 96g carb, 31g fat</b>	Chef Salad Ranch Dressing Mandarin Oranges French Bread/Butter Oatmeal Raisin Cookie <b>1036 calories, 1623 mg sodium, 31g sugar, 38g protein, 86g carb, 61g fat</b>	Roast Turkey Potatoes/Gravy Carrots Breadstick/Butter Peach Slices Fruited Orange Jell-O <b>663 calories, 1702mg sodium, 55g sugar, 38g protein, 107g carb, 11g</b>

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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](http://www.voamn.org)