



LOCATION \_\_\_\_\_

PHONE \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Beef Meatloaf/ Ketchup Glaze Baked Potato/Butter/Sour Cream German Cut Vegetables WW Dinner Roll/Butter Yellow Cake/Chocolate Frosting <b>RCD: No Frosting</b>
4	5	6	7 Anniversary Meal	8
Baked Pork Chops/Mushroom Gravy Baby Red Potatoes Brussel Sprouts WW Dinner Roll/Butter Peach Slices Chocolate Chip Cookie <b>ALT: Chicken Breast/Gravy</b>	Roast Turkey Mashed Potatoes/Gravy Spinach Salad/Dressing Rye Bread/Butter Fruited Gelatin/ Whipped Topping <b>RCD: No Topping</b>	Sloppy Joes on Whole Wheat Bun Peas & Pearl Onions Potato Salad Pickle Chips Mandarin Oranges	Chicken Kiev Rice Pilaf Green Beans WW Dinner Roll/Butter Fresh Fruit Frosted Wedding Cake Frosting <b>RCD: No Frosting</b>	Baked Fish w/ Panko Parmesan Topping Tartar Sauce Cheesy Potatoes Carrots Warm Biscuit/Butter Tropical Fruit Cherry Tart/w Whipped Topping <b>RCD: No Topping ALT: Chicken Parmesan</b>
11	12	13	14 Men's Luncheon	14
Spaghetti & Meatballs in Marinara Sauce Key Largo Vegetables Breadstick/Butter Fresh Fruit Cheesecake Square	Battered Pollock Tartar Sauce Scalloped Potatoes Chuckwagon Corn WW Dinner Roll/Butter Oatmeal Raisin Cookie <b>ALT: Roast Turkey/Gravy</b>	Country Fried Steak Mashed Potatoes/Gravy Green Peas Warm Biscuit/Butter Diced Pears Spice Cake/Frosting <b>RCD: No Frosting</b>	Steak burger/Swiss Cheese on Kaiser Bun Ketchup/Mustard Coleslaw Fresh Fruit Brownie	Swedish Meatballs/Gravy Buttered Egg Noodles California Blend Vegetables WW Dinner Roll/Butter Diced Peaches Chocolate Mouse <b>RCD: Chocolate Pudding</b>
18	19	20	21	22
Parmesan Herb Tilapia Rice Pilaf Key Largo Vegetables French Bread/Butter Tropical Fruit Toffee Cookie <b>ALT: Lemon Pepper Chicken Breast</b>	Baked Lasagna Italian Blend Vegetables Spinach Salad/Dressing Breadstick/Butter Diced Pears Lemon Cake/Frosting <b>RCD: No Frosting</b>	Seasoned Turkey Cutlet Au Gratin Potatoes Peas & Carrots WW Dinner Roll/Butter Fresh Fruit Black & White Cookie	Tater Tot Casserole in Mushroom Sauce Green Beans Applesauce Rye Bread/Butter Cherry Pie <b>RCD: Peach Slices</b>	Chicken Breast Dijon Baby Red Potatoes 4- way Veggie Blend Multi Grain Bread/Butter Fruited Orange Gelatin Whipped Topping <b>RCD: No Topping</b>
25	26	27 Birthday Meal	28	29
Quarter Roasted Chicken Au Gratin Potatoes Buttered Corn Dinner/Butter Chocolate Pudding/ Whipped Topping <b>RCD: No Topping</b>	French Toast Butter/Syrup Turkey Sausage Links Breakfast Potatoes/Ketchup Fresh Fruit Strudel Bites	Beef Pot Roast Mashed Potato's/Gravy Carrots WW Dinner Roll/Butter Chocolate Cake/White Frosting <b>RCD: No Frosting</b>	<b>COLD MEAL</b> Tuna Salad on Ciabatta Bun Baked Potato Chips Leaf Lettuce/Tomato Slices (2) Grapes Key Lime Tartlet <b>ALT: Chicken Salad</b>	Salisbury Steak Mashed Potatoes/Mushroom Gravy 5- way Blend Veggies WW Dinner Roll/Butter Diced Peaches Sugar Cookie <b>ALT: Roast Turkey RCD: Chocolate Pudding</b>

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)