



SENIOR NUTRITION SERVICES

LOCATION: SOUTHWEST CENTER

PHONE: 612-824-5512

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Anniversary Meal Chicken Drummies /BBQ Packet Baked Beans Potato Salad Corn Bread/margarine Watermelon	Chicken Parmesan Garlic Mashed Potatoes Green Beans French Bread/margarine Chocolate Chip Cake with Frosting RCD: No Frosting
5	6	7	8	9
COLD MEAL Cheese Tortellini Salad with Turkey Pepperoni Broccoli Salad Focaccia Bread/margarine Chilled Pears Brownie	Lemon Pepper Tilapia Tartar Sauce Wild Rice Pilaf Mixed Vegetables Fresh Fruit Tapioca Pudding ALT: Lemon Herb Chicken Breast	Breakfast Platter Turkey Sausage Colby Cheese Omelet Breakfast Potatoes Chilled Peaches Muffin/margarine Juice	Sweet & Sour Chicken Jeweled Brown Rice Oriental Blend Vegetables Mandarin Oranges Fortune Cookie	COLD MEAL Chicken Cheddar Pasta Salad Pickled Sliced Beets Tropical Fruit Wheat Bun/margarine Caramel Sea Salt Cookie
12	13	14	15	16
Chicken Kiev White Rice Bermuda Blend Vegetables Fresh Fruit Banana Nut Muffin	COLD MEAL Tuna Pasta Salad Marinated 3 Bean Salad Fruit Cocktail Wheat Dinner Roll/margarine Strawberry Cream Strudel Bites ALT: Chicken Pasta Salad	Beef Lasagna Italian Green Beans Garlic Lettuce Salad w/French Dressing Breadstick/margarine Orange Gelatin	FATHERS DAY MEAL Steak Burger with Cheddar Cheese on Bun/Ketchup & Mustard Packets Chuck Wagon Corn Potato Wedges with Ketchup Packet Chocolate Cake with Frosting RCD: No Frosting	Turkey Meatloaf with Cranberry Glaze Mashed Sweet Potatoes Peas & Carrots Multigrain bread/margarine Chocolate Tart with Topping RCD: No Topping
19	20	21	22	23
<u>Staff Cools Camp Style</u> Brat/Bun Potato Salad Baked Beans Watermelon Ice Cream Sandwich	Baked Penne with Meat Sauce Steamed Broccoli Garlic Breadstick/margarine Lettuce Salad/1000 Island Dressing Butterscotch Pudding	Roast Turkey & Gravy Mashed Potatoes Glazed Carrots Rye Bread/margarine Spice Cake with Frosting RCD: No Frosting	COLD MEAL Turkey Cranberry Pasta Salad Carrot Raisin Salad Fruit Cocktail White Dinner Roll/margarine Vanilla Pudding	Country Fried Steak with Gravy Mashed Potatoes Italian Vegetable Blend Pull Apart Roll Chocolate Cupcake with Frosting RCD: No Frosting
26	27	28	29	30
Meatballs in Gravy Mashed Potatoes Green Peas Multigrain Bread/margarine Cherry Streusel Bites	Chicken Alfredo over Rotini Pasta Green Beans Tropical Fruit French Bread/margarine Oatmeal Cookie	Beef Pot Roast Mashed Potatoes & Gravy Carrot Coins Dinner Roll/margarine Carrot Cake with Frosting RCD: No Frosting	Ham Steak with Honey Mustard Packet Smashed Potatoes Scandinavian Vegetables Dinner Roll/margarine Fresh Fruit	Luncheon Special Watch bulletin Boards For Information

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