



# Volunteers of America®

## MINNESOTA AND WISCONSIN

### SENIOR NUTRITION SERVICES

APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Roast Turkey Mashed Potatoes & Gravy California Blend Veggies Dinner Roll/Butter Sugar Cookie <b>Alt: Breaded Pollock</b>
4	5	6	7	8
Sloppy Joe on Bun JoJo Potatoes Ketchup Packet Carrots Angel Food Cake/ Strawberry Topping	Chicken Enchilada Chuckwagon Corn Refried Beans Apple Crisp/ Whipped Topping	Salisbury Steak/Onion Gravy Mashed Potatoes Green Beans Dinner Roll/Butter Sugar Cookie	Baked Lasagna Green Peas Fresh Fruit Warm Garlic Bread/Butter Gelatin/Whipped Topping	Breaded Pollock Tartar Sauce Packet White Rice Mixed Vegetables Fresh Fruit Dinner Roll/Butter <b>ALT: Chicken Breast</b>
11	12	13	14	15
Chicken Pozole California Vegetables Fresh Fruit Sliced Bread/Butter Churros	Spaghetti & Meatballs in Marinara Sauce Green Beans Fresh Fruit Brownie	Sesame Chicken Salad Fresh Fruit Dinner Roll/Butter Butterscotch Pudding Whipped Topping	Swiss Steak/Stewed Tomatoes Mashed Potatoes/Gravy Corn Dinner Roll/Butter Banana Muffin	Country Fried Steak/ Gravy Mashed Potatoes Glazed Carrots Dinner Roll/Butter Chocolate Cookie <b>Alt: Breaded Pollock</b>
18	19	20	21	22
Turkey & Potato Soup California Vegetables Fresh Fruit French Bread/Butter Lemon Bar	Cheese Omelet Turkey Sausage Links Tri-Tators Ketchup Packet Fresh Fruit Biscuit w Jelly Sugar Cookie	Pulled Pork on Bun French Fries BBQ Sauce Packet Three Bean Salad Fresh Fruit Chocolate Pudding/ Whipped Topping <b>ALT: Pulled Chicken</b>	Turkey Meatloaf / Cranberry Glaze Mashed Potatoes/Gravy California Vegetables Fresh Fruit Brownie	Apricot Chicken Breast/ Sauce Scalloped Potatoes Mixed Vegetables Dinner Roll/Butter Angel Food Cake/ Strawberry Topping
25	26	27	28	29
Chicken Pasta Salad Raw Carrots/Ranch Dip Fresh Fruit Dinner Roll/Butter Churros	All Beef Hot Dog on Bun Ketchup/Mustard Baked Beans Coleslaw Apple Pie	Beef Pot Roast Mashed Potatoes/Gravy Buttered Corn Hawaiian Bread/Butter Chocolate Cake /White Frosting	Chicken & Turkey Gumbo Steamed Rice Green Beans Fresh Fruit Dinner Roll/Butter Chocolate Chip Cookie	Pork Loin in Mushroom Sauce Roasted Potatoes Corn Dinner Roll/Butter Lemon Bar <b>ALT: Chicken Breast</b>

Menu subject to change.

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 Trellis, 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)