



Volunteers of America®

MINNESOTA AND WISCONSIN

SENIOR NUTRITION SERVICES

DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		(Beef) Shepherd's Pie Mixed Vegetables Fresh Fruit Dinner Roll/Butter Brownie	Cheese Enchilada Refried Beans Chuckwagon Corn Applesauce Churro Bites	Salisbury Steak w Onion Gravy Roasted Sweet Potatoes Green Beans Dinner Roll/Butter Cookie
6	7	8	9	10
Beef & Bean Chili Mixed Vegetables Applesauce Warm Cornbread/Butter Brownie	Chicken Kiev Orzo Florentine Green Benas w Peppers & Onions Fresh Fruit Apple Pie w Whipped Topping	All Beef Hot Dog on Bun Ketchup/Mustard Packets Baked Beans Coleslaw Fresh Fruit Chocolate Chip Bar	Pork Loin w Gravy Scalloped Potatoes Carrots Dinner Roll/Butter Angel Food Cake/w Strawberry Topping ALT: Chicken Breast	Country Fried Steak Mashed Potatoes & Gravy Mixed Vegetables Fresh Fruit Dinner Roll/Butter Strudel Bites
13	14	15 – Holiday Meal	16	17
Apricot Glazed Chicken Breast Rice Pilaf Vegetable Blend Fresh Fruit Banana Bar	Swedish Meatballs in Swedish Sauce Buttered Noodles Broccoli Butterscotch Pudding w Whipped Topping	Roast Turkey Mashed Potatoes & Gravy Stuffing Green Beans Dinner Roll/Butter Pumpkin Pie/whipped Topping	Swiss Steak w Stewed Tomatoes Mashed Potatoes/Gravy Mixed Vegetables Dinner Roll/Butter Lemon Bar	Sloppy Joe on Bun Jo Jo Potatoes Ketchup Packets Carrots Fresh Fruit Vanilla Pudding
20	21	22	23	24
Spaghetti & Meatballs in Marinara Sauce Italian Vegetables Fresh Fruit Brownie	Chicken & Turkey Sausage Gumbo Steamed Rice Green Peas French Bread/Butter Apple Crisp	Baked Lasagna Green Peas Fresh Fruit Warm Garlic Bread/Butter Jello /Mandarin Oranges	Quarter Roasted Chicken & Gravy Scalloped Potatoes Buttered Corn Fresh Fruit Dinner Roll/Butter Cookie	BAG LUNCH SITES CLOSED Sliced Turkey on Bun Potato Salad Carrots w Ranch Dessert Bar
27	28	29 Birthday Meal	30	31
Pulled Pork on Bun BBQ Sauce Packet Ketchup Packet French Fries Three Bean Salad Blonde Brownie ALT: Pulled Chicken	Cheese Omelet Turkey Sausage Links Tri-Tators Ketchup Packet Grape Crescent Roll Fresh Fruit Juice Cup	Beef Pot Roast Mashed Potatoes & Gravy Corn Fresh Fruit Dinner Roll/Butter Cake w Frosting	Sweet & Sour Chicken Rice Green Beans Fresh Fruit Dinner Roll/Butter Sugar Cookie	BAG LUNCH SITES CLOSED Chicken Salad Croissant Three Bean Salad Fresh Apple Rice Krispy Bar

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