



MINNESOTA AND WISCONSIN

DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Chicken Corn Chowder Warm Peach Slices Saltine Crackers Brownie ALT: Chicken Patty	Sweet & Sour Chicken Fried Rice Sliced Carrots Tropical Fruit Cup Chef's Choice Cookie
5	6	7	8	9
Beef Cabbage Rolls Stewed Tomatoes Mashed Potatoes Peas & Carrots WG Dinner Roll/Butter Rosy Applesauce	Swedish Meatballs in Gravy Buttered Noodles Green Peas Rye Bread/Butter Fresh Fruit Chef's Choice Cookie	Chicken Stir Fry Jeweled Rice Soy Sauce Packet Mini Vegetable Egg Roll Mandarin Oranges Chef's Choice Cookie	Breaded Chicken in Alfredo Sauce Fettuccini Noodles Italian Blend Veggies Fresh Grapes Lemon Bar	Pork Bratwurst on Bun Sauerkraut Brown Mustard Pack Warm German Potato Salad (NO PORK) Fresh Apple Chocolate Cake/Chocolate Frosting ALT: Beef Hot Dog
12	13	14- Christmas Meal	15	16
Chicken Strips/ Honey Mustard Packet Mac & Cheese Green Beans WW Bun/Butter Fresh Banana Orange Fluff	Meatballs & Brown Gravy Mashed Potatoes Mixed Veggies Multi Grain Bread/Butter Fresh Banana	Roast Turkey Mashed Potatoes/Gravy Stuffing Buttered Peas Dinner Roll/Butter Apple Pie w Whipped Topping	Beef Chow Mein Brown Rice Oriental Blend Veggies Chow Mein Noodles Mandarin Oranges Soy Sauce Packet Chef's Choice Cookie	Turkey Burger on Bun w Cheese Lettuce & Tomato Ketchup Packet Hashbrown Casserole Glazed Carrots Fresh Melon
19	20	21	22	23
Shepherd's Pie/ Cheese Topping Mixed Veggies WW Dinner Roll/Butter Warm Cinnamon Peach Slices	Lemon Pepper Tilapia Tartar Sauce Packet Rice Pilaf Peas & Carrots Fresh Fruit Blonde Brownie	Chicken & Dumplings Broccoli & Cauliflower Fresh Fruit Dutch Apple Pie	Baked Lasagna French Style Green Beans Garden Salad/Italian Dressing Garlic Breadstick/Butter Fresh Fruit	Beef & Bean Chili Warm Cornbread Rosy Applesauce Rice Pudding
26	27	28-Birthday Meal	29	30
CLOSED -Bag Lunch Chicken Salad on Croissant Three Bean Salad Fruit Cup Brownie	Roast Pork/Gravy Whipped Sweet Potatoes Mixed Veggies WW Bun/Butter Cherry Pie ALT: Salisbury Steak	Beef Pot Roast Mashed Potatoes & Gravy Green Peas & Onions Dinner Roll/Butter Chocolate Cupcake/Chocolate Frosting	Beef Stew Warm Buttermilk Biscuit/Butter Creamy Coleslaw Warm Cinnamon Apple Slices	Potato Crusted Fish Tartar Sauce Packet Scalloped Potatoes Broccoli Multigrain Bread/Butter Carrot Cupcake ALT: Chicken Breast

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

DECEMBER 2022 WITH BAGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Chicken Corn Chowder Warm Peach Slices Saltine Crackers Brownie ALT: Chicken Patty	BAG LUNCH Chicken Salad on Croissant Potato Salad Fresh Fruit Cookie
5	6	7	8	9
Beef Cabbage Rolls Stewed Tomatoes Mashed Potatoes Peas & Carrots WG Dinner Roll/Butter Rosy Applesauce	Swedish Meatballs in Gravy Buttered Noodles Green Peas Rye Bread/Butter Fresh Fruit Chef's Choice Cookie	Chicken Stir Fry Soy Sauce Packet Jeweled Rice Mini Vegetable Egg Roll Mandarin Oranges Chef's Choice Cookie	Breaded Chicken in Alfredo Sauce Fettuccini Noodles Italian Blend Veggies Fresh Grapes Lemon Bar	BAG LUNCH Ham & Cheese on Whole Grain Bun Mustard/Mayo Packets Coleslaw Fresh Fruit Cookie ALT: Egg Salad
12	13	14 Christmas Meal	15	16
Chicken Strips/ Honey Mustard Packet Mac & Cheese Green Beans WW Bun/Butter Fresh Banana Orange Fluff	Meatballs & Brown Gravy Mashed Potatoes Mixed Veggies Multi Grain Bread/Butter Fresh Banana	Roast Turkey Mashed Potatoes/Gravy Stuffing Buttered Peas Dinner Roll/Butter Apple Pie/ Whipped Topping	Beef Chow Mein Soy Sauce Packet Brown Rice Oriental Blend Veggies Chow Mein Noodles Mandarin Oranges Chef's Choice Cookie	BAG LUNCH Turkey & Swiss on Multi Grain Bread Mayo Packet Pasta Salad Fresh Fruit Cookie
19	20	21	22	23
Shepherd's Pie/ Cheese Topping Mixed Veggies WW Dinner Roll/Butter Warm Cinnamon Peach Slices	Lemon Pepper Tilapia Tartar Sauce Packet Rice Pilaf Peas & Carrots Fresh Fruit Blonde Brownie	Chicken & Dumplings Broccoli & Cauliflower Fresh Fruit Dutch Apple Pie	Baked Lasagna French Style Green Beans Garden Salad/Italian Dressing Garlic Breadstick/Butter Fresh Fruit	BAG LUNCH Roast Beef on Rye Mustard Pack Three Bean Salad Fresh Fruit Muffin
26	27	28- Birthday Day	29	30
CLOSED -Bag Lunch Chicken Salad on Croissant Three Bean Salad Fruit Cup Brownie	Roast Pork w Gravy Whipped Sweet Potato Mixed Veggies WW Bun/Butter Cherry Pie ALT: Salisbury Steak	Beef Pot Roast Mashed Potatoes & Gravy Green Peas & Onions Dinner Roll/Butter Chocolate Cupcake/Chocolate Frosting	Beef Stew Warm Buttermilk Biscuit/Butter Creamy Coleslaw Warm Cinnamon Apple Slices	BAG LUNCH Egg Salad on Croissant Coleslaw Fresh Fruit Cookie

Menu subject to change.