



Volunteers of America®

MINNESOTA AND WISCONSIN

SENIOR NUTRITION SERVICES

FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Cabbage Roll/Stewed Tomatoes Mashed Potatoes/Gravy Peas & Pearl Onions Dinner Roll/Butter Chocolate Bar	Salisbury Steak/Onion Gravy Mashed Potatoes California Mixed Veggies Dinner Roll/Butter Carrot Cake/Cr. Cheese Frosting	Beef Stroganoff/w Mushrooms, Onions, Peas Buttered Noodles Chuckwagon Corn Fresh Fruit Hawaiian Bread/Butter Blueberry Muffin	Sloppy Joe on Bun Ketchup Packets JoJo Potatoes Carrots Vanilla Pudding
7	8	9	10	11
All Beef Hot Dog on Bun Ketchup/Mustard Packs Baked Beans Coleslaw Applesauce Chocolate Chip Cookie	Chicken Tenders/w Honey Mustard Pkt Mac & Cheese Broccoli Fresh Fruit Orange Jell-O w Whipped Topping	Cheese Omelet Turkey Sausage Links Tri-Tators Ketchup Pkt Biscuit w/Jelly Fresh Fruit Juice Cup	Tilapia w Onion & Pea Sauce Rice Pilaf California Mixed Veggies Fresh Fruit Dinner Roll/Butter Lemon Bar ALT: Chicken Breast	Baked Chicken w Herbs Mashed Potatoes/Gravy Corn Sliced Bread/Butter Apple Pie
14 Valentine's Day	15	16	17	18
Chicken Kiev Orzo Florentine Green Beans Fresh Fruit Brownie	Swedish Meatballs in Swedish Sauce Buttered Noodles Broccoli Fresh Fruit Butterscotch Tart/w Whipped Topping	Swiss Steak w/ Stewed Tomatoes Mashed Potatoes/Gravy Mixed Veggies Dinner Roll/Butter Chocolate Pudding	Lemon Tilapia White Rice Peas Sliced Bread/Butter Fresh Fruit Chocolate Chip Cookie ALT: Chicken Breast	Country Fried Steak/Gravy Scalloped Potatoes Glazed Carrots Fresh Fruit Pumpkin Pie w Whipped Topping
21	22	23 Birthday Meal	24	25
Beef & Bean Chili Mixed Veggies Cornbread w/ Butter Fresh Fruit Chef's Choice Cookie	Chicken Parmesan Penne Pasta w/ Marinara Sauce Green Beans Fresh Fruit Dinner Roll/Butter Brownie	Beef Pot Roast Mashed Potatoes/Gravy Buttered Corn Hawaiian Bread/Butter Chocolate Cake/Frosting	Apricot Chicken in Sauce Au Gratin Potatoes Mixed Veggies Dinner Roll/Butter Sugar Cookie	Spaghetti & Meatballs in Marinara Sauce Italian Mixed Veggies Fresh Fruit Lemon Bar
28				
Cheese Enchilada/ w Enchilada Sauce Chuckwagon Corn Refried Beans Apple Crisp w/ Whipped Topping				

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