



# Volunteers of America®

## MINNESOTA AND WISCONSIN FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Pork Loin/ Brown Gravy Whipped Sweet Potatoes California Veggies Dinner Roll/Butter Apple Crisp/Whipped Cream	Spaghetti Casserole Mixed Veggies Garlic Toast/Butter Fresh Fruit Chocolate Oreo Pudding	Lemon Pepper Tilapia Tartar Sauce Pkt Rice Pilaf Broccoli Fresh Fruit White Bread/Butter Sugar Cookie <b>ALT: Lemon Pepper Chicken</b>
6	7	8	9	10
Cheeseburger On Wheat Bun Ketchup/Mustard Packets Potato Wedges Baked Beans Vanilla Pudding	Potato Crusted Fish Tartar Sauce Packet Rice Pilaf Whole Kernel Corn Fresh Fruit Dinner Roll/Butter Oatmeal Cookie <b>ALT: Chicken Tenders/BBQ Sauce</b>	Shepherd's Pie with Cheese Topping Brussel Sprouts Fresh Fruit White Bread/Butter Chocolate Cupcake/White Frosting	Baked Chicken Breast and Gravy Roasted Potatoes Green Peas Garlic Toast/Butter Tropical Fruit	Beef Chili Baked Potato/Butter Sour Cream Pkt Fresh Fruit Cornbread/Butter Lemon Bar
13	14	15	16	17
Chicken Enchiladas Sour Cream Packet Spanish Rice Mexican Corn Mandarin Oranges Strawberry Jell-O	<b>VALENTINES DAY</b> Chicken Kiev Au Gratin Potatoes Glazed Baby Carrots Dinner Roll/Butter Strawberry Cheesecake Dessert	Chicken Stir Fry Confetti Rice Vegetable Egg Roll Sweet & Sour Packet Fresh Fruit Butterscotch Tart	Salisbury Steak/ Brown Gravy Mashed Potatoes Green Beans Dinner Roll/Butter Applesauce	Beef Lasagna California Veggies Tossed Salad/Ranch Dressing Garlic Breadstick/Butter Brownie
20	21	<b>22-BIRTHDAY DAY</b>	23	24
Cheese Omelet Turkey Sausage Patty Hashbrown Casserole Apple Juice Blueberry Muffin/Butter	Beef Goulash Whole Kernel Corn Fresh Fruit Garlic Toast/Butter Chef's Choice Cookie	Beef Pot Roast Mashed Potatoes/Gravy Green Peas Dinner Roll/Butter White Cupcake/Chocolate Frosting	Chicken Wild Rice Casserole Green Beans Fresh Fruit Dinner Roll/Butter Banana Pudding	Meatloaf/ Gravy Whipped Potatoes Broccoli Fresh Fruit MG Bread/Butter Blonde Brownie <b>Alt: Fish</b>
27	28			
BBQ Pulled Pork on Bun Potato Wedges Ketchup Packet Baked Beans Applesauce Strawberry Jell-O <b>ALT: Pulled Chicken</b>	Tuna Noodle Casserole Broccoli Fresh Fruit White Bread/Butter Oatmeal Cookie <b>ALT: Chicken Noodle Casserole</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)



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## MINNESOTA AND WISCONSIN FEBRUARY 2023 WITH BAGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Pork Loin/ Brown Gravy Whipped Sweet Potatoes California Veggies Dinner Roll/Butter Apple Crisp/Whipped Cream	Spaghetti Casserole Mixed Veggies Garlic Toast/Butter Fresh Fruit Chocolate Oreo Pudding	<b>BAG LUNCH</b> Ham & Cheese on WG Bun Coleslaw Fresh Fruit Chef's Choice Cookie Mustard/Mayo Packs <b>ALT: Egg Salad</b>
6	7	8	9	10
Cheeseburger On Wheat Bun Ketchup/Mustard Packets Potato Wedges Baked Beans Vanilla Pudding	Potato Crusted Fish Tartar Sauce Packet Rice Pilaf Whole Kernel Corn Fresh Fruit Dinner Roll/Butter Oatmeal Cookie <b>ALT: Chicken Tenders/BBQ Sauce</b>	Shepherd's Pie with Cheese Topping Brussel Sprouts Fresh Fruit White Bread/Butter Chocolate Cupcake/White Frosting	Baked Chicken Breast and Gravy Roasted Potatoes Green Peas Garlic Toast/Butter Tropical Fruit	<b>BAG LUNCH</b> Turkey & Swiss on Multigrain Bread Pasta Salad Fresh Fruit Chef's Choice Cookie Mayo Pack
13	14	15	16	17
Chicken Enchiladas Sour Cream Packet Spanish Rice Mexican Corn Mandarin Oranges Strawberry Jell-O	<b>VALENTINES DAY</b> Chicken Kiev Au Gratin Potatoes Glazed Baby Carrots Dinner Roll/Butter Strawberry Cheesecake Dessert	Chicken Stir Fry Confetti Rice Vegetable Egg Roll Sweet & Sour Packet Fresh Fruit Butterscotch Tart	Salisbury Steak/ Brown Gravy Mashed Potatoes Green Beans Dinner Roll/Butter Applesauce	<b>BAG LUNCH</b> Roast Beef on Rye 3 Bean Salad Fresh Fruit Chef's Choice Cookie Mustard Pack
20	21	<b>22-BIRTHDAY DAY</b>	23	24
Cheese Omelet Turkey Sausage Patty Hashbrown Casserole Apple Juice Blueberry Muffin/Butter	Beef Goulash Whole Kernel Corn Fresh Fruit Garlic Toast/Butter Chef's Choice Cookie	Beef Pot Roast Mashed Potatoes/Gravy Green Peas Dinner Roll/Butter White Cupcake/Chocolate Frosting	Chicken Wild Rice Casserole Green Beans Fresh Fruit Dinner Roll/Butter Banana Pudding	<b>BAG LUNCH</b> Chicken Salad on Croissant Potato Salad Fresh Fruit Chef's Choice Cookie
27	28			
BBQ Pulled Pork on Bun Potato Wedges Ketchup Packet Baked Beans Applesauce Strawberry Jell-O <b>ALT: Pulled Chicken</b>	Tuna Noodle Casserole Broccoli Fresh Fruit White Bread/Butter Oatmeal Cookie <b>ALT: Chicken Noodle Casserole</b>			

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