



Volunteers of America®

JANUARY

MINNESOTA AND WISCONSIN

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Beef Tacos Cilantro Lime Rice Fiest Corn Mandarin Oranges Churros Flour Tortillas Shredded Cheese Taco Sauce Packet	Crabbed Stuff Pollock Rice Pilaf Broccoli Fruit Cocktail Banana Pudding w Whip Topping Tartar Sauce Packet ALT: Chicken Kiev
5	6	7	8	9
Swedish Meatballs in Sauce Egg Noodles Roasted Root Vegetables White Bread/Butter Diced Pears	Chili Baked Potato Coleslaw Cornbread/Butter Brownie Sour Cream Packet	Glazed Ham Au Gratin Potatoes Peas Dinner Roll/Butter Fresh Cut Fruit Jello w Whip Topping ALT: Roast Turkey/Gravy	Cheeseburger on a Bun Baked Beans Mixed Vegetables Pineapple Tidbits Ketchup/Mustard Packets	Popcorn Chicken Mashed Potatoes Poultry Gravy Corn Wheat Bread/Butter Chocolate Chip Cookie
12	13	14	15	16
Creamy Chicken & Vegetables over Egg Noodles Diced Peaches Dinner Roll/Butter Sugar Cookie	Goulash Carrots Mandarin Oranges Wheat Bread/Butter Blonde Brownie	Chicken Fajita Omelet Cheesy Hashbrowns Warm Applesauce English Muffin Jelly	Lemon Pepper Tilapia Brown Rice Pilaf Corn Pineapple Tidbits Jello w Whip Topping ALT: Lemon Pepper Chicken	Tuscan Meatballs Parslied Spaghetti Noodles Winter Blend Vegetables Side Salad Breadstick/Butter Butter Scotch Pudding w Whip Topping Ranch Dressing Packet
19	20	21	22	23
Breaded Chicken Breast in Honey Balsamic Sauce Rice Risotto Mixed Vegetables Wheat Bread/Butter Tropical Fruit	Scalloped Potatoes w Ham Peas & Carrots Rye Bread/Butter Pineapple Tidbits Brownie ALT: Scalloped Potatoes/Turkey	Meatloaf w Ketchup Glaze Mashed Potatoes/Gravy Green Beans Dinner Roll/Butter Chocolate Cake w Chocolate Frosting	Shepherd's Pie Broccoli Strawberry Applesauce White Bread/Butter Carnival Cookie	Baked Pollock in Lemon Dill Sauce Roasted Potatoes Italian Blend Vegetables Mandarin Oranges Wheat Bread/Butter ALT: Baked Chicken
26	27	28	29	30
Pulled Pork on A Bun Potato Wedges Coleslaw Chocolate Chip Cookie BBQ Sauce Packet ALT: Pulled Chicken	Chicken Wild rice Casserole Carrots Diced Pears Dinner Roll/Butter Vanilla Pudding w Whip Topping	BIRTHDAY MEAL Roast Beef Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll/Butter Coconut Cream Pie	Chicken Salad w Crasins On Croissant Creamy Vegetable Soup Hot Spiced Pears Coffee Cake	Cheese Lasagna Roll Up In Tomato Basil Sauce Green Beans Side Salad French Dressing Packet Garlic Toast/Butter Applesauce

The menu is subject to change. 1% milk and margarine are served with each meal. 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. This service is funded through a contract with Trellis, Inc. as part of the Older Americans Act Program and participant contributions. Upon request, large prints, or audiotape are available.

For TDD, contact Minnesota Relay Service. For information about the services provided by Volunteers of America of MN go to www.voamn.org