



# Volunteers of America®

## MINNESOTA AND WISCONSIN

### SENIOR NUTRITION SERVICES

JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Breaded Pollock White Rice Peas/Carrots Fresh Fruit Multi Gr. Bread/Butter Churros <b>ALT: Chicken Breast</b>
4	5	6	7	8-Cold Meal
<b>SITES CLOSED</b> <b>BAG LUNCH</b> Ham/Cheese on Bun Carrots w/Ranch Fresh Fruit Chips Chef Choice Cookie <b>ALT: Egg Salad</b>	All Beef Hotdog/ Bun Mustard/Ketchup Pkts Coleslaw Baked Beans Butterscotch Pudding/Whipped Topping	Chicken Enchiladas Refried Beans Spanish Rice Fresh Fruit Churros	Sloppy Joe/Bun French Fries Corn on the Cob Watermelon Apple Pie	Chicken Caesar Salad w/Chicken Strips Caesar Salad Dressing/Croutons Fresh Fruit Dinner Roll/Butter Brownie
11	12	13- Cold Meal	14	15
Tilapia w/Lemon Sauce White Rice Peas Dinner Roll/Butter Blonde Brownie <b>ALT: Chicken Breast</b>	Cheese Omelet Turkey Sausage Links Tri-Tators Ketchup Pkt Biscuit/Jelly Fruit Juice Chocolate Chip Cookie	Sesame Chicken Salad w/Popcorn Chicken Sesame Vinaigrette Fresh Fruit Brownie	Pulled Pork on Bun Scalloped Potatoes Buttered Corn Peach Crisp w/Whipped Topping <b>ALT: Pulled Chicken</b>	Swedish Meatballs/Gravy Buttered Noodles Broccoli Fresh Fruit Dinner Roll/Butter Lemon Bar
18	19	20-Cold Meal	21	22
Baked Lasagna Green Peas Fresh Fruit Garlic Bread/Butter Chocolate Pudding w/Whipped Topping	Sweet and Sour Chicken Pop Corn White Rice Sliced Carrots Fresh Fruit Sliced Bread/Butter Sugar Cookie	Tuna Pasta Salad Green Peas Fresh Fruit Breadstick/Butter French Silk Pie <b>ALT: Chicken Pasta Salad</b>	BBQ Chicken Breast Coleslaw Mixed Veggies Dinner Roll/Butter Angel Food Cake/Strawberry Topping	Salisbury Steak/Gravy Mashed Potatoes Green Beans Dinner Roll/Butter Pumpkin Pie
25	26	27-Birthday Day	28	29
Chicken Parmesan with Penne Pasta & Marinara Sauce Italian Vegetables Fresh Fruit Chocolate Chip Cookie	Chicken Cordon Bleu Au Gratin Potatoes Green Beans Banana Muffin/Butter <b>ALT: No Ham Chicken Cordon Bleu</b>	Beef Pot Roast Mashed Potatoes & Gravy Green Beans Whole Wheat Bread/Butter Chocolate Cake/Choc Frosting	Vegetable Frittata Tater Gems/Ketchup Pkt California Salad Dinner Roll/Butter Orange Fruited Jello w/Whipped Topping	Pork Loin w/Mushroom Gravy Roasted Potatoes Green Beans Fresh Fruit Chocolate Tart w/Whipped Topping <b>ALT: Chicken Breast</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)