



Volunteers of America®

JULY 2025

MINNESOTA AND WISCONSIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Cheese Omelet Turkey Sausage Link Tater Tots Cinnamon Apple Slices Blueberry Muffin/Butter Ketchup Packet	Cheese Roll Up In Tomato Basil Sauce w Mozzarella Cheese Green Beans Side Salad Italian Dressing Breadstick/Butter Pineapple Tidbits	Cheeseburger on a Bun Baked Beans Potato Salad Apple Pie Ketchup/Mustard Packets	SITES CLOSED
7	8	9	19	11
Chicken Egg Roll Bowl White Rice Stir Fry Vegetables Diced Pears Lemon Bar Soy Sauce Packet	All Beef Hot Dog on a Bun Baked Beans Potato Salad Diced Peaches Ketchup Packet	Chicken Fajitas Seasoned Pinto Beans Mexican Corn Flour Tortillas Shredded Cheese Taco Sauce Packet Strawberry Applesauce	COLD MEAL Chef's Salad Ranch Dressing Packet Fresh Cut Fruit Dinner Roll/Butter Oatmeal Cream Pie Cookie ALT: Turkey Chef Salad	Crab Stuffed Pollock Rice Pilaf Broccoli Pineapple Tidbits Strawberry Jello w Whip Topping Tartar Sauce Packet ALT: Chicken Kiev
14	15	16	17	18
Chicken Tenders Mac & Cheese Peas w Pearl Onions Tropical Fruit Jello Cake BBQ Sauce Packet	Cheeseburger on a Bun Tater Tots Mixed Vegetables Diced Peaches Ketchup/Mustard Packets	Butter Chicken White Rice Broccoli Fruit Cocktail Flat Bread/Butter	COLD MEAL Chicken Caesar Pasta Sald Zucchini Salad Breadstick/Butter Strawberry Applesauce Chefs Choice Cookie	Sliced Ham Au Gratin Potatoes Green Beans Dinner Roll/Butter Banana ALT: Chicken Breast
21	22	23	24	25
Honey Ginger Chicken Thigh Vegetable Lo Mein Broccoli Tropical Fruit Sugar Cookie Soy Sauce Packet	Sloppy Joe on a Bun Baked Beans Mixed Vegetables Orange Jello w Whip Topping	Chicken Fajita Omelet Cheesy Potatoes English Muffin/Jelly Fruit Cocktail Taco Sauce Packet Sour Cream Packet	COLD MEAL Italian Pasta Salad Cucumber Ranch Salad Dinner Roll/Butter Fresh Cut Fruit Fudge Round Cookie ALT: Turkey Pasta Salad	Lemon Pepper Tilapia Rice Pilaf Carrots Pineapple Tidbits Lemon Bar Tartar Sauce Packet ALT: Lemon Pepper Chicken
28	29	30	31	
Beef Tacos Cilantro Lime Rice Fiesta Corn Mandarin Oranges Flour Tortillas Shredded Cheese Churros Taco Sauce Packet	Honey Balsamic Chicken Risotto Mixed Vegetables Wheat Bread/Butter Diced Peaches	BIRTHDAY MEAL Beef Pot Roast Mashed Potatoes & Gravy Green Beans Dinner Roll/Butter Key Lie Tartlett	COLD MEAL Southwest Chicken Salad Tortilla Chips Fresh Cut Fruit Salsa Packet Chocolate Chip Cookie	

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