



Volunteers of America®

MINNESOTA AND WISCONSIN

SENIOR NUTRITION SERVICES

JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Roast Turkey & Gravy Mashed Potatoes California Mixed Vegetables Fresh Fruit Dinner Roll/Butter Sugar Coolie	COLD MEAL Chicken Caesar Salad Chicken Strips Romaine/lettuce mix Caesar Dressing Croutons/Parmesan Dinner Roll/Butter Fresh Fruit Brownie	Breaded Pollock White Rice Peas & Carrots Tartar Sauce Pkt. Fresh Fruit Multi Grain Bread/Butter Churros ALT: Chicken Breast
6	7	8	9	10
BBQ Chicken Corn Coleslaw Fresh Fruit Dinner Roll/Butter Angel Food Cake w Strawberry Topping	Country Fried Steak Mashed Potatoes/Gravy Green Beans Fresh Fruit Pumpkin Pie/ Whipped Topping	COLD MEAL Sesame Chicken/ Salad Greens Popcorn Chicken Sesame Vinaigrette Fresh Fruit Brownie	Swedish Meatballs/ Swedish Gravy Buttered Noodles Broccoli Fresh Fruit Lemon Bar	Tilapia w Lemon Sauce Orzo Florentine Peas Fresh Fruit Dinner Roll/Butter Butterscotch Pudding/ Whipped Topping ALT: Chicken Breast
13	14	15	16	17
Baked Lasagna Italian Mixed Vegetables Fresh Fruit Warm Garlic Bread/Butter Chocolate Pudding/ Whipped Topping	Sweet & Sour Popcorn Chicken White Rice California Vegetables Fresh Fruit Sliced Bread/Butter Sugar Cookie	Cabbage Roll /Stewed Tomatoes Mashed Potatoes Peas Fresh Fruit Rye Bread/Butter Apple Pie	Chicken Breast/ Mustard Sauce Scalloped Potatoes Glazed Carrots Dinner Roll/Butter Strawberry Shortcake	Sloppy Joe on Bun Green Beans JoJo Potatoes Fresh Fruit Ketchup Pkt Raspberry Fluff
20	21	22	23	24
Chicken Parmesan Penne Pasta/ Marina Sauce Broccoli Fresh Fruit Warm Garlic Bread/Butter Chocolate Chip Cookie	All Beef Hotdog on Bun Baked Beans Coleslaw Ketchup/Mustard Pkts Fresh Melon	Pulled Pork on Bun Baked Beans Coleslaw Fresh Fruit BBQ Pkt Sugar Cookie ALT: Pulled Chicken	Chicken Enchiladas Refried Beans Chuckwagon Corn Fresh Fruit Lemon Bar	Cheese Omelet Pork Sausage Links Tri-Tatars Ketchup Pkt Biscuit/ Jelly Fruit Juice Chocolate Chip Cookie ALT: Turkey Sausage
27	28	29	30	
Chicken Tenders Mac & Cheese California Vegetables Fresh Fruit Multigrain Bread/Butter Chocolate Pudding w Whipped Topping	Hamburger on Bun French Fries Corn Fresh Fruit Ketchup/Mustard Pkt Strawberry Jell-O/ Whipped Topping	Beef Pot Roast Mashed Potatoes/Gravy Green Beans Whole Wheat Bread/Butter White Cake/Chocolate Frosting	Apricot Chicken Breast with Sauce Mashed Potatoes Glazed Carrots Whole Wheat Bread/Butter Apple Strudel Bites	

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



Volunteers of America®

MINNESOTA AND WISCONSIN

SENIOR NUTRITION SERVICES

SITES:, NICOLLET, SENIORS,
TRINITY, HAMILTON,
PARKVIEW, YORK

JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Roast Turkey & Gravy Mashed Potatoes California Mixed Vegetables Fresh Fruit Dinner Roll/Butter Sugar Coolie	COLD MEAL Chicken Caesar Salad Chicken Strips Romaine/lettuce mix Caesar Dressing Croutons/Parmesan Dinner Roll/Butter Fresh Fruit Brownie	Turkey and Swiss on Multigrain Bread Mayo Pkt Pasta Salad Fresh Fruit Cookie
6	7	8	9	10
BBQ Chicken Corn Coleslaw Fresh Fruit Dinner Roll/Butter Angel Food Cake w Strawberry Topping	Country Fried Steak Mashed Potatoes/Gravy Green Beans Fresh Fruit Pumpkin Pie/ Whipped Topping	COLD MEAL Sesame Chicken/ Salad Greens Popcorn Chicken Sesame Vinaigrette Fresh Fruit Brownie	Swedish Meatballs/ Swedish Gravy Buttered Noodles Broccoli Fresh Fruit Lemon Bar	Roast Beef on Rye Mustard Pkt 3 Bean Salad Fresh Fruit Cookie
13	14	15	16	17
Baked Lasagna Italian Mixed Vegetables Fresh Fruit Warm Garlic Bread/Butter Chocolate Pudding/ Whipped Topping	Sweet & Sour Popcorn Chicken White Rice California Vegetables Fresh Fruit Sliced Bread/Butter Sugar Cookie	Cabbage Roll /Stewed Tomatoes Mashed Potatoes Peas Fresh Fruit Rye Bread/Butter Apple Pie	Chicken Breast/ Mustard Sauce Scalloped Potatoes Glazed Carrots Dinner Roll/Butter Strawberry Shortcake	Chicken Salad on Croissant Potato Salad Fresh Fruit Cookie
20	21	22	23	24
Chicken Parmesan Penne Pasta/ Marina Sauce Broccoli Fresh Fruit Warm Garlic Bread/Butter Chocolate Chip Cookie	All Beef Hotdog on Bun Baked Beans Coleslaw Ketchup/Mustard Pkts Fresh Melon	Pulled Pork on Bun Baked Beans Coleslaw Fresh Fruit BBQ Pkt Sugar Cookie ALT: Pulled Chicken	Chicken Enchiladas Refried Beans Chuckwagon Corn Fresh Fruit Lemon Bar	Ham and Cheese on Whole Grain Bun Mustard Pkt Fresh Fruit Cookie ALT: EGG SALAD
27	28	29	30	
Chicken Tenders Mac & Cheese California Vegetables Fresh Fruit Multigrain Bread/Butter Chocolate Pudding w Whipped Topping	Hamburger on Bun French Fries Corn Fresh Fruit Ketchup/Mustard Pkt Strawberry Jell-O/ Whipped Topping	Beef Pot Roast Mashed Potatoes/Gravy Green Beans Whole Wheat Bread/Butter White Cake/Chocolate Frosting	Apricot Chicken Breast with Sauce Mashed Potatoes Glazed Carrots Whole Wheat Bread/Butter Apple Strudel Bites	

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**ABUNDANT CATERING
 SENIOR NUTRITION SERVICES
 JUNE 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Swedish Meatballs in Sour Cream Gravy Egg Noodles Green Beans WG Bread/Butter Fresh Fruit Chocolate Pudding/Topping	BBQ Chicken Quarters Potato Salad Baked Beans Dinner Roll/Butter Strawberry Cake	COLD MEAL Chicken Pasta Salad Cucumber/Onion Medley Applesauce Dinner Roll/Butter Fresh Melon
6	7	8	9	10
Chicken Fried Steak Mashed Potatoes White Country Gravy Cream Corn Oatmeal Cookie Banana	Tater Tot Hotdish Peas Fresh Fruit Dinner Roll/Butter Chefs Choice Dessert	Baked Chicken Cacciatore with Tomatoes, onions, peppers White Rice Vegetable Medley Brownie	Beef Pot Roast Mashed Potatoes & Brown Gravy Glazed Carrots WG Bread/Butter Strawberry Jell-O	COLD MEAL Chicken Caesar Salad Grilled Chicken Strips Romain Lettuce Boiled Eggs Parmesan Cheese, Croutons, Dressing Fresh Fruit Rice Pudding
13	14	15	16	17
All Beef Hot Dog on Bun Baked Beans Coleslaw Mixed Fruit Ketchup/Mustard Packs	Baked Porkchop with Applesauce Baked Potato/Butter Green Beans Chef's Choice Dessert ALT: Chicken	Baked Tilapia with Lemon Herb Sauce Wild Rice Blend Medley Vegetables Fresh Melon Vanilla Pudding/Topping ALT: Chicken Breast	Salisbury Steak w Brown Gravy Mashed Potatoes Glazed Carrots Spring Mix Salad Dinner Roll/Butter White Cake/Chocolate Frosting	COLD MEAL Reuben Corn Beef Sandwich on Rye Bread Swiss Cheese Saur Kraut Thousand Island Applesauce Chef's Choice Dessert
20	21	22	23	24
Sloppy Joe on Bun French Fries Peas & Carrots Vanilla Pudding Ketchup Pack	Spaghetti & Meatballs in Marina Sauce Green Beans Garlic Bread/Butter Fresh Fruit Butterscotch Pudding/Topping	Slow Cooked Pork Roast with Mashed Potatoes & Gravy Green Beans WG Bread/Butter Brownie ALT: Chicken	Chicken Parmesan w Marina Sauce & Buttered Pasta Mixed Vegetables Fresh Fruit Chocolate Chip Cookie	Stuffed Pepper w Stewed Tomatoes Spring Salad Mix/Dressing Dinner Roll/Butter Fresh Fruit
27	28	29	30	
Grilled Chicken Sandwich on Whole Grain Bun w Cheese French Fries Spring Salad Mix/Dressing Fresh Fruit	Taco Tuesday Beef Taco Mix Refried Beans Spanish Rice Soft Shell Taco and Fixings' Chef's Choice Dessert	Ketchup Meatloaf Mashed Potatoes Broccoli Dinner Roll/Butter Chocolate Chip Cookie	COLD MEAL Egg Salad on Whole Grain Bread Raw Carrots/Ranch Dip Fresh Orange Chocolate Cake ALT: Tuna Salad	

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