



Volunteers of America®

MINNESOTA AND WISCONSIN MARCH 2023 WITH BAGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Sweet & Sour Chicken Rice Sliced Carrots WG Dinner Roll/Butter Apple Pie Fresh Fruit Soy Sauce Pack	Chicken Burger on WG Bun French Fries Green Peas Chef's Choice Cookie Ketchup & Mayo Packs	BAG LUNCH Ham & Cheese on Whole Grain Bun Coleslaw Fresh Fruit Cookie Mustard/Mayo Packs ALT: Egg Salad
6	7	8	9	10
Sloppy Joe on WG Bun Whole Kernel Corn Tater Gems Berry Blue Jell-O w Whipped Topping Ketchup Pack	Breaded Chicken Patty on Fettuccini Noodles with Alfredo Sauce Italian Blend Veggies Garlic Breadstick/Butter Chef's Choice Cookie	Pork Loin w Brown Gravy Whipped Sweet Potato California Veggies WG Dinner Roll/Butter Apple Crisp w Whipped Topping ALT: Breaded Chicken	Spaghetti Casserole Mixed Veggies Garlic Toast/Butter Fruit Cup Chocolate Pudding	BAG LUNCH Turkey & Swiss on Multi Grain Bread Pasta Salad Fresh Fruit Cookie
13	14	15	16	17 St. Patrick's Day
Cheeseburger on WG Bun Potato Wedges Sliced Carrots Vanilla Pudding w Whipped Topping Ketchup & Mustard Packs	Potato Crusted Fish Rice Pilaf California Veggies WG Dinner Roll/Butter Fresh Fruit Chef's Choice Cookie Tartar Sauce Pack ALT: Chicken Tenders	Shepherd's Pie with Cheese Topping Brussel Sprouts White Bread/Butter Fresh Fruit Chocolate Cake w White Frosting	Baked Chicken Breast w Gravy Roasted Potatoes Green Peas Garlic Toast/Butter Tropical Fruit	BAG LUNCH Roast Beef on Rye Three Bean Salad Fresh Fruit Cookie Mustard Pack
20	21	22	23	24
Chicken Enchilada w Cheese Spanish Rice Mexican Corn Mandarin Oranges Strawberry Jell-O w Whipped Topping Sour Cream Pack	Ham & Potato Casserole Peas & Carrots Fresh Fruit Multigrain Bread/Butter Chef's Choice Cookie ALT: Chicken Casserole	Chicken Stir Fry Confetti Rice Vegetable Egg Roll Fresh Fruit Boston Cream Pie Sweet & Sour Pack	Salisbury Steak with Brown Gravy Mashed Potatoes Green Beans WG Dinner Roll/Butter Applesauce	BAG LUNCH Chicken Salad on Croissant Potato Salad Fresh Fruit Cookie
27	28	29	30	31
Cheese Omelet Turkey Sausage Hashbrown Casserole Apple Juice Fruited Muffin/Butter	Beef Goulash Whole Kernel Corn Garlic Toast/Butter Fresh Fruit Butterscotch Pudding w Whipped Topping	Beef Pot Roast with Mashed Potatoes & Gravy Sliced Carrots WG Dinner Roll/Butter Spice Cupcake w Cream Cheese Frosting	Chicken Wild Rice Casserole Green Beans WG Dinner Roll/Butter Chef's Choice Cookie	BAG LUNCH Ham & Cheese on Whole Grain Bun Coleslaw Fresh Fruit Cookie Mustard/Mayo Pack ALT: Egg Salad

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 audiotope. For TDD, contact Minnesota Relay Service at 1-800-627-3529. For more information about the services provided by