



TRELLIS



Volunteers of America®

BLAINE: 763-780-4318

MINNESOTA AND WISCONSIN

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Beef Stew over White Rice Winter Blend Vegetables Diced Pears Biscuit/Butter Oatmeal Raisin Cookie	Ham & Cheese Omelet Tater Tots Cinnamon Applesauce English Muffin/Butter Ketchup Packet ALT: Cheese Omelet	Turkey Cheeseburger on Bun Wedge Potatoes Mixed Vegetables Pineapple Tidbits Mayo & Ketchup Packets	Salisbury Steak Mashed Potatoes & Gravy Peas Garlic Toast/Butter Blonde Brownie	Lemon Pepper Tilapia Rice Pilaf Broccoli Diced Peaches Multigrain Bread/Butter Vanilla Pudding w Whip Topping Tartar Sauce Packet ALT: Lemon Pepper Chicken
10	11	12	13	14
Country Fried Steak Mashed Potatoes & Country Gravy Applesauce Cornbread/Butter Chocolate Chip Cookie	Cheeseburger on Bun Potato Wedges Tropical Fruit Salad Lemon Bar Ketchup/Mustard Packet	Ham Steak Au Gratin Potatoes Green Beans White Bread/Butter Strawberry Applesauce ALT: Chicken Breast	Beef Stroganoff over Egg Noodles Carrots Diced Pears Garlic Toast/Butter Strawberry Jell-O w Whip Topping	Herb Seasoned Chicken Thigh Scalloped Potatoes Italian Blend Vegetables Dinner Roll/Butter Fruit Cocktail
17	18	19	20	21
ST. PATRICKS DAY Corned Beef & Cabbage Parsley Red Potatoes Glazed Carrots Rey Bread/Butter Lime Jello w Whip Topping	Beef Chili Cheesy Potatoes Broccoli Cornbread/Butter Banana Cheesecake Cup Sour Cream Packet	Chicken Fajita Meat Spanish Rice Seasoned Pinto Beans Corn Flour Tortillas Shredded Cheese Mandarin Oranges Taco & Sour Cream Packets	Pork loin w Mushroom & Onion Gravy Mashed Potatoes Green Beans Dinner Roll/Butter Diced Peaches ALT: Chicken Breast	Chicken Wild rice Casserole Peas w Pearl Onions Banana Wheat Bread/Butter Brownie
24	25	26	27	28
Breaded Pollock Roasted Potatoes Mixed Vegetables Multigrain Bread/Butter Diced Pears Tartar Sauce Packet ALT: Chicken Breast	Beef & Broccoli Stir Fry White Rice Stir Fry Vegetables Egg Roll Mandarin Oranges Sweet & Sour Sauce Packet Lemon Pudding w Whip Topping	BIRTHDAY MEAL Beef Pot Roast Mashed Potatoes & Gravy Carrots Dinner Roll/Butter Vanilla Cupcake w Raspberry Frosting	Cheesy Ham & Hashbrown Casserole Roasted Vegetable Blend Pineapple Tidbits White Bread/Butter Sugar Cookie ALT: Cheesy Chicken & Hashbrown Casserole	Beef Lasagna Peas w Carrots Side Salad w Ranch Dressing Garlic Toast/Butter Diced Peaches Parmesan Cheese Packets
31				
Breaded Chicken Drumstick Au Gratin Potatoes Italian Blend Vegetables Dinner Roll/Butter Fruited Jell-O w Whip Topping BBQ Sauce Packet				

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