



MINNESOTA AND WISCONSIN

BLAINE: 763-780-4318

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 - COLD	2
			Chef Salad Diced Ham & Turkey Chopped Egg Tomato & Cucumbers Shredded Cheese Breadstick/Butter Fresh Cut Fruit Sugar Cookie Ranch Dressing ALT: Turkey Chef Salad	Popcorn Chicken Mashed Potatoes & Gravy Corn White Bread/Butter
5	6	7	8	9
Meatloaf w Ketchup Glaze Mashed Potatoes & Gravy Peas Dinner Roll/Butter Lemon Bar	Breaded Chicken Breast in Marsala Sauce Rotini Noodles Carrots Chocolate Chip Cookie Mandarin Oranges	Pulled Pork on Hamburger Bun Potato Wedges Coleslaw Vanilla Pudding w Whip Topping BBQ Sauce & Ketchup Packets ALT: Pulled Chicken	Meat/Marinara Sauce over Penne Pasta Mixed Veggies Dinner Roll/Butter Tropical Fruit Parmesan Cheese Packet	Chicken Fried Brown Rice Asian Green Beans Vegetable Egg Roll Banana Soy Sauce Packet
12	13	14	15	16
Philly Cheesesteak Casserole Italian Blend Veggies Breadstick/Butter Strawberry Applesauce Lemon Jello w Whip Topping	Crab Stuffed Pollock Orzo Florentine Broccoli Diced Peaches ALT: Chicken Kiev	Salisbury Steak Mashed Potatoes & Gravy Green Beans Wheat Bread/Butter Oatmeal Cookie	Chicken Wild rice Casserole Carrots Diced Pears White Bread/Butter Brownie	Pork loin in Dijon Cream Sauce Roasted Potatoes Peas Dinner Roll/Butter Fresh Cut Fruit ALT: Roast Turkey
19	20	21	22	23
Coconut Lime Chicken Basmati Rice Carrots Diced Pears Blonde Brownie	Glazed Ham Scalloped Potatoes Peas Wheat Bread/Butter Fruit Cocktail ALT: Roast Turkey	Breaded Chicken Breast on Alfredo Fettucini Broccoli Banana Sugar Cookie	Cheeseburger on a Hamburger Bun Tater Tot Mixed Veggies Chocolate Pudding w Whip Topping Ketchup/Mustard	Popcorn Chicken Mashed Potatoes & Gravy Corn White Bread/Butter
26	27	28	29	30
Bratwurst on Hotdog Bun Baked Beans Tropical Fruit Sauerkraut Pumpkin Bar w Frosting Ketchup/Mustard Packets ALT: All Beef Hotdog	Cheese Omelet Cheesy Potatoes English Muffin Hot Sliced Apples Jelly	Beef Pot Roast Mashed Potatoes & Gravy Green Beans Dinner Roll/Butter Marble Cake w White Frosting	Chicken Breast over Mediterranean Puttanesca Sauce Rotini Noodles California Blend Veggies Multigrain Bread/Butter Fresh Cut Fruit	Lemon Pepper Tilapia Brown Rice Florentine Roasted Root Veggies Mandarin Oranges Cheesecake Cup ALT: Lemon Pepper Chicken

Menu subject to change. 1% milk and margarine are served with each meal. Special Diet needs available on request. 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, large print, or audiotape. For TDD, contact Minnesota Relay Service information about the services provided by Volunteers of America of MN go to www.voamn.org.