



Volunteers of America®

MINNESOTA AND WISCONSIN

SENIOR NUTRITION SERVICES

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Sweet & Sour Chicken Rice Pilaf Green Peas Fresh Fruit Dinner Roll/Butter Cookie	Beef Stroganoff Buttered Noodles Carrots Dinner Roll/Butter Fresh Fruit Blueberry Muffin	Chicken Cordon Bleu Orzo Florentine Green Beans Fresh Fruit French Silk Pie	Hamburger on Bun Ketchup/Mustard Pkts French Fries Corn Fresh Fruit Vanilla Tart w/Topping	Swiss Steak w Stewed Tomatoes Mashed Potatoes Gravy Mixed Vegetables Chocolate Cake/Frosting
9	10	11	12	13
Breaded Tilapia w/ Lemon Sauce White Rice Peas Fresh Fruit Dinner Roll/Butter Sugar Cookie ALT: Chick Breast	Cheese Omelet Turkey Sausage Links Tri-Tators Ketchup Packet Biscuit/Jelly Chocolate Chip Cookie	Sesame Chicken Salad w/ Greens (Popcorn Chicken) Sesame Vinaigrette Fresh Fruit Brownie	Chicken Breast w/ Mustard Sauce Mashed Potatoes/Gravy California Mixed Vegetables Dinner Roll/Butter Orange Jello w/ Whipped Topping	Swedish Meatballs w/ Gravy Buttered Noodles Broccoli Fresh Fruit Dinner Roll/Butter Churros
16	17	18	19	20
Baked Lasagna Green Peas Fresh Fruit Garlic Bread/Butter Chocolate Pudding/Whipped Topping	Beef Stew w/ Broccoli White Rice Fresh Fruit Sliced Bread/Butter Sugar Cookie	Cabbage Roll w/ Stewed Tomatoes Mashed Potatoes Mixed Vegetables Fresh Fruit Rye Bread/Butter Pumpkin Bar	BBQ Chicken Breast Cole Slaw Potato Salad Fresh Fruit Dinner Roll/Butter Angel Food Cake/Strawberry Topping	Turkey Meatloaf Mashed Potatoes/Gravy Buttered Corn Fresh Fruit Dinner Roll/Butter Brownie
23	24	25 Birthday Meal	26	27
Chicken Parmesan Penne Pasta w/ Marinara Sauce Italian Vegetables Fresh Fruit Garlic Bread/Butter Chocolate Chip Cookie	All Beef Hot Dog on Bun Ketchup/Mustard Pkts Baked Beans Coleslaw Peach Crisp w/ Whipped Topping	Beef Pot Roast Mashed Potatoes/Gravy Glazed Carrots Hawaiian Bread/Butter Chocolate Cake/White Frosting	Pork Loin w/ Mushroom Sauce Roasted Potatoes Corn Fresh Fruit Dinner Roll/Butter Lemon Bar ALT: Chicken Breast	Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Fresh Fruit White Cake/Chocolate Frosting
30	31			
BAG LUNCH Chicken Salad Croissant Bun Potato Salad Fresh Fruit Fresh Carrots/Dip Cookie	Hamburger on Bun French Fries Ketchup/Mustard Pkts Corn Fresh Fruit Blonde Brownie			

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 Volunteers of America of MN go to www.voamn.org