



# Volunteers of America®

## MINNESOTA AND WISCONSIN

### MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Sloppy Joe on WG Bun Sliced Carrots Tater Gems Pineapple Tidbits Ketchup Packet	Cheese Omelet Turkey Sausage Tri Tatars Apple Juice Fruited Muffin/Butter	Chicken Piccata Egg Noodles Vegetable Blend Dinner Roll/Butter Fruited Strawberry Jell-O Whipped Topping	Spaghetti Casserole Vegetable Blend Garlic Toast/Butter Grapes Pudding/ Oreo Cookie Crumbs	Breaded Chicken Patty Alfredo Sauce/ Fettuccini Noodles Vegetable Blend Fresh Fruit Garlic Breadstick/Butter Bread Pudding
8	9	10	11- <b>Mother's Day</b>	12
Cheeseburger on WG Bun Potato Wedges Baked Beans Vanilla Pudding/ Topping Ketchup Packet	Potato Crusted Fish Rice Pilaf Vegetable Blend Fresh Fruit Dinner Roll/Butter Cookie Tartar Sauce Packet <b>ALT: Chicken Patty</b>	Shepherd's Pie Brussel Sprouts Banana White Bread/Butter Chocolate Cupcake/White Frosting	Baked Chicken Breast with Gravy Orzo Florentine Sliced Carrots Tropical Fruit Oreo Cheesecake	Taco Bowl Taco Meat Shredded Cheese Mexican Corn Pinto Beans Rice Brownie Sour Cream & Taco Sauce Packets
15	16	17- <b>Older Americans Day</b>	18	19
Beef Tips in Gravy over Egg Noodles Broccoli Diced Peaches Dinner Roll/Butter Apple Crisp	Bratwurst & Sauerkraut on WG Bun Tarter Gems Carrots Diced Pears Mustard/Ketchup Pkts <b>ALT: All Beef Hotdog</b>	Salisbury Steak/ Gravy Mashed Potatoes Green Beans Dinner Roll/Butter Applesauce	Chef's Salad Turkey, Tomatoes, Lettuce Mandarin Oranges Dinner Roll/Butter Ranch Dressing Pkt Cookie	Beef Lasagna Vegetable Blend Tossed Salad French Dressing Pkt Garlic Breadstick/Butter Lemon Bar
22	23	24	25	26
Lemon Pepper Tilapia Rice Pilaf Peas & Carrots White Bread/Butter Fresh Fruit Cinnamon Sugar Cookie Tartar Sauce Pkt <b>ALT: Lemon Pepper Chicken</b>	Beef Goulash Whole Kernel Corn Tropical Fruit Garlic Toast/Butter Raspberry Jell-O/ Whipped Topping	Chicken Caesar Salad Chicken Breast, Lettuce, Tomatoes, Croutons Pineapple Tidbits Dinner Roll/Butter Cookie Caesar Dressing Pkt	Meatloaf / Ketchup Brown Gravy Whipped Potatoes Broccoli Fresh Fruit Multi Grain Bread/Butter Butterscotch Pudding/Whipped Topping	Chicken Wild rice Casserole Carrots Green Beans Dinner Roll/Butter Blonde Brownie
29- <b>Memorial Day</b>	30	31		
<b>SITES CLOSED BAG LUNCH</b> Egg Salad on Croissant Broccoli Salad Pasta Salad Fresh Fruit Rice Krispy Bar	Chicken Burger/ Cheddar Cheese on WG Bun French Fries Green Peas Orange Raspberry Jell-O/ Whipped Topping	Roast Beef Mashed Potatoes & Gravy Carrots Dinner Roll/Butter Spice Cake Cupcake/ Cream Cheese Frosting		

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, 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](http://www.voamn.org) this information will be made available in alternative format: Braille,