



Volunteers of America®

MINNESOTA AND WISCONSIN

MAY 2023 BAGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Sloppy Joe/ Bun Sliced Carrots Tater Gems Pineapple Tidbits Ketchup Pkt	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 Grapes Garlic Toast/Butter Pudding/ Oreo Cookie Crumbs	BAG LUNCH Turkey & Swiss on Multigrain Bread Pasta Salad Fresh Fruit Cookie Mayo Pkt
8	9	10	11- Mother's Day	12
Cheeseburger/Bun Potato Wedges Baked Beans Vanilla Pudding/ Topping Ketchup Pkt	Potato Crusted Fish Rice Pilaf Vegetable Blend Fresh Fruit Dinner Roll/Butter Cookie Tartar Sauce Pkt ALT: Chicken Patty	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	BAG LUNCH Roast Beef on Rye 3 Bean Salad Fresh Fruit Cookie Mustard Pkt
15	16	17 -Older Americans Day	18	19
Beef Tips in Gravy over Egg Noodles Broccoli Diced Peaches Dinner Roll/Butter Apple Crisp	Bratwurst & Sauerkraut/ Bun Tarter Gems Carrots Diced Pears Mustard/Ketchup Pkts ALT: All Beef Hotdog	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	BAG LUNCH Chicken Salad on Croissant Potato Salad Fresh Fruit Cookie
22	23	24	25	26
Lemon Pepper Tilapia Rice Pilaf Peas & Carrots Fresh Fruit White Bread/Butter Cinnamon Sugar Cookie Tartar Sauce Packet ALT: Lemon Pepper Chicken	Beef Goulash Whole Kernel Corn Tropical Fruit Garlic Toast/Butter Raspberry Jello/ Whipped Topping	Chicken Caesar Salad Chicken Breast, Lettuce, Tomatoes, Croutons Pineapple Tidbits Dinner Roll/Butter Cookie Caesar Dressing Pkt	Meatloaf/ Ketchup Whipped Potatoes/Gravy Broccoli Fresh Fruit Multi Grain Bread/Butter Butterscotch Pudding/Whipped Topping	BAG LUNCH Ham & Cheese on Whole Grain Bun Coleslaw Fresh Fruit Cookie Mustard & Mayo Pkts ALT: Egg Salad
29- Memorial Day	30	31		
SITES CLOSED BAG LUNCH Egg Salad on Croissant Broccoli Salad Pasta Salad Fresh Fruit Rice Krispy Bar	Chicken Burger/ Cheddar Cheese/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 this information will be made available in alternative format: Braille,