



Volunteers of America®

MINNESOTA AND WISCONSIN

SENIOR NUTRITION SERVICES

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Beef Hot Dog on Whole Wheat Bun Ketchup/Mustard Packet Baked Beans Coleslaw Chocolate Bar	Salisbury Steak/Onion Gravy Roasted Sweet Potatoes California Blend Veggies Dinner Roll/Butter Sugar Cookie	Cheese Omelet Turkey Sausage Links Tri-Tators Ketchup Packet Biscuit/Jelly Fresh Fruit Juice Cup	Chicken Green Pozole (Chicken Stew) Peas & Pearl Onions Sliced Pears Dinner Roll/Butter Churro Bites	Roast Turkey Mashed Potatoes/Gravy Fajita Vegetables Sliced Bread/Butter Lemon Bar
10	11	12	13	14
Country Fried Steak Mashed Potatoes/Gravy Mixed Veggies Fresh Fruit Bread/Butter Apple Pie	Pulled Pork on Bun BBQ Sauce Ketchup Packet French Fries 3 Bean Salad Cookie ALT: Pulled Chicken	Lemon Tilapia Rice Pilaf California Blend Veggies Fresh Fruit Angel Food Cake/Strawberry Topping Alt: Chicken Breast	Beef Jardiniere (Beef Stew) Roasted Potatoes Fresh Fruit Dinner Roll/Butter Pumpkin Cake/Frosting	Chicken Kiev Orzo Florentine Green Beans Fresh Fruit Brownie
17	18	19	20	21
Spaghetti & Meatballs in Marinara Sauce Italian Vegetables Fresh Fruit White Cake/Frosting	Apricot Chicken Breast Mashed Potatoes/Gravy Vegetable Blend Fresh Fruit Lemon Bar	Pork Loin w Mushroom Sauce White Rice Corn Fresh Fruit Chocolate Bar ALT: Chicken/ mushroom Sauce	Tilapia w Garlic & Parsley Sauce Couscous w Vegetables Fresh Fruit Coleslaw Banana Bread Alt: Chicken Breast	Chicken & Turkey Sausage Gumbo Steamed Rice Green Peas French Bread/Butter Apple Crisp/Whipped Topping
24	25	26 Birthday Meal	27	28
Sloppy Joe on Bun Potato Wedges Ketchup Packet Peas & Carrots Fresh Fruit Vanilla Pudding	Chicken Wild Rice Soup Glazed Carrots Fresh Fruit Dinner Roll/Butter White Cake/Chocolate Frosting	Beef Pot Roast Mashed Potatoes/Gravy Green Beans Fresh Fruit Hawaiian Bread/Butter Spice Cake/Cr. Cheese Frosting	Chicken Piccata w Capers & Peas Over Spaghetti Mixed Vegetables Fresh Fruit Chocolate Cake/White Frosting	Cabbage Rolls/Stewed Tomatoes Mashed Potatoes/Gravy Corn Fresh Fruit Dinner Roll/Butter Chocolate Bar
31				
Chicken Breast with Mustard Sauce Scalloped Potatoes Mixed Veggies Fresh Fruit Dinner Roll/Butter Oatmeal Cookie				

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 audiotape.

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