



Volunteers of America®

MINNESOTA AND WISCONSIN

SENIOR NUTRITION SERVICES NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Shepherds Pie Mixed Veggies Biscuit/Butter Fresh Fruit Brownie	Cheese Enchiladas Refried Beans Chuckwagon Corn Applesauce Churro Bites	Salisbury Beef/Gravy Roasted Sweet Potatoes Green Beans Dinner Roll/Butter Cookie	Dijon Chicken Potato Wedges Peas and Pearl Onions Rye Bread/Butter Lemon Bar	Tator Tot Casserole Carrot Coins Sliced Pears Dinner Roll/Butter Chocolate Tart with Whipped Topping
8	9	10	11	12
Beef and Bean Chili Mixed Veggies Applesauce Cornbread/Butter Fresh Fruit	Baked Chicken Breast/Sauce Mashed Sweet Potatoes Steamed Corn Biscuit/Butter Frosted Carrot Cake	All Beef Hot Dogs Coleslaw Baked Beans Fresh Fruit Ketchup and Mustard Chocolate Chip Bar	Pork Loin/Gravy Scalloped Potatoes Carrots Dinner Roll/Butter Angel Food Cake/Strawberries ALT: Chicken Breast	Country Fried Steak Mashed Potatoes/Gravy Mixed Veggies Fresh Fruit Dinner Roll/Butter Strudel Bites
15	16	17-Thanksgiving Meal	18	19
Apricot Glazed Chicken Breast Veggie Blend Rice Pilaf Fresh Fruit Banana Bar	Swedish Meatballs/Sauce Buttered Noodles Broccoli Butterscotch Tart with Whipped Topping	Roast Turkey Mashed Potatoes/Gravy Stuffing Green Beans Dinner Roll/Butter Pumpkin Pie/Whipped Topping	Swiss Steak/Tomatoes Mashed Potatoes/Gravy Mixed Veggies Dinner Roll/Butter Lemon Bar	Sloppy Joes on Bun Carrots JoJo Potatoes Ketchup Fresh Fruit Vanilla Pudding
22	23	24	25-Sites Closed	26-Sites Closed
Spaghetti and Meatballs/Marinara Sauce Italian Veggies Fresh Fruit Brownie	Chicken and Sausage Gumbo Steamed Rice Green Peas French Bread/Butter Apple Crisp	Beef Pot Roast Gravy/Mashed Potatoes Corn Dinner Roll/Butter White Cake/Chocolate Frosting	Bag Lunch Chicken Salad Croissant Fresh Apple 3 Bean Salad Rice Krispie Bar	Bag Lunch Sliced Turkey/Bun Potato Salad Carrots/Ranch Dressing Dessert Bar
29	30			
Pulled Pork/Bun French Fries 3 Bean Salad BBQ Sauce Blonde Browne ALT: Pulled Chicken	Cheese Omelet Turkey Sausage Links Tri-Tators Biscuit/Jelly Fresh Fruit Ketchup Juice Cup			

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 the Metropolitan Area Agency on Aging, 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