

NOVEMBER



Volunteers of America® 2025
MINNESOTA AND WISCONSIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Creamy Chicken & Vegetables Biscuit Broccoli Tropical Fruit Carnival Cookie	Frito Pie Shredded Cheese Corn Corn Chips Fruit Cocktail Jello Cake Sour Cream Packet	Chicken Fajita Omlet Cheesy Potatoes English Muffin Jelly Fruit Cocktail Taco Sauce Packet Sour Cream Packet	Spaghetti & Meatballs in Marina Sauce Carrots Side Salad Galic Toast/Butter Lemon Pudding w Whip Topping Ranch Dressing Packet	Lemon Pepper Tilapia Rice Pilaf Green Beans Pineapple tidbits Pumpkin Bar w Frosting Tartar Sauce Packet ALT: Lemon Pepper Chicken
10	11	12	13	14
Roasted Chicken w Honey Balsamic Glaze Rice Risotto Mixed Vegetables Wheat Bread/Butter Tropical Fruit Brownie	Beef Tacos Cilantro Lime Rice Fiesta Corn Mandarin Oranges Flour Tortillas Churros Shredded Cheese Taco Sauce Packet	Chicken Wild rice Casserole Carrots Dinner Roll/Butter Diced Pears Butterscotch Pudding w Whip Topping	Korean BBQ Meatballs Vegetable Lo Mein Broccoli Pineapple Tidbits Sugar Cookie Soy Sauce Packet	Baked Pollock In Creamy Garlic Sauce Roasted Potatoes Green Beans Multigrain Bread/Butter Fruit Cocktail ALT: Roasted Chicken
173	18	19	20	21
BBQ Pulled Pork On a Bun Baked Beans Coleslaw Chocolate Chip Cookie ALT: BBQ Chicken	Roasted Chicken in Cider Sauce Roasted Potatoes Winter Blend Vegetables Tropical Fruit Wheat Bread/Butter	THANKSGIVING MEAL Roast Turkey & Gravy Mashed Potatoes Stuffing Green Bean Casserole Dinner Roll/Butter Pumpkin Pie w Whip Topping	Chicken Zucchini/Squash Casserole Rice Broccoli Rye Bread/Butter Pineapple Tidbits Orange Jello w Whip Topping	Meatloaf w Ketchup Glaze Mashed Potatoes & Brown Gravy Peas w Carrots Dinner Roll/Butter Lemon Bar
24	25	26	27	28
Chicken Egg Roll Bowl White Rice Stir Fry Vegetables Diced Pears Blonde Brownie' Soy Sauce Packet	Beef Hot Dog on a Bun Baked Beans Potato Salad Diced Peaches Ketchup/Mustard Packets	BIRTHDAY MEAL Beef Pot Roast Mashed Potatoes Brown Gravy Green Beans Dinner Roll/Butter 'Yellow Cake w Chocolate Frosting	Crab Stuffed Pollock Rice Pilaf Broccoli Mandarin Oranges Banana Pudding w Whip Topping Tartar Sauce Packet ALT: Chicken Kiev	Chicken Fajitas Seasoned Pinto Beans Mexican Corn Flour Tortillas Strawberry Applesauce Shredded Cheese Taco Sauce Packet
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The menu is subject to change.1% milk and margarine are served with each meal. 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. This service is funded through a contract with Trellis, Inc. as part of the Older Americans Act Program and participant contributions. Upon request, large prints, or audiotape are available.

For TDD, contact Minnesota Relay Service. For information about the services provided by Volunteers of America of MN go to www.voamn.org