



Volunteers of America®

MINNESOTA AND WISCONSIN

SENIOR NUTRITION SERVICES

NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Baked Meatballs & Brown Gravy Mashed Potatoes Mixed Vegetables Multi Grain Bread/Butter Nectarine	Stuffed Green Pepper Mashed Potatoes Stewed Tomatoes Rye Bread/Butter Banana Cake	Chicken Chow Mein Brown Rice Soy Sauce Packet Oriental Blend Veggies Mandarin Oranges Chow Mein Noodles Carnival Cookie	Beef Hamburger/w Sliced Cheese on Whole Grain Bun Ketchup Packet Tri Tators Glazed Carrots Fresh Cantaloupe
7	8	9	10	11
Shepherd's Pie with Shredded Cheese Topping Mixed Vegetables Whole Grain Dinner Roll/Butter Warm Spiced Peaches	Crunchy Tilapia Tartar Sauce Packet Rice Pilaf Peas & Carrots Fresh Fruit Blonde Brownie ALT: Breaded Chick Patty	Chicken & Dumplings Broccoli/Cauliflower Mix Fresh Fruit Dutch Apple Pie	Beef & Bean Chili Warm Cornbread/Butter Rosy Applesauce Rice Pudding	Beef Lasagna French Green Beans Tossed Salad/Italian Dressing Packet Warm Garlic Breadstick/Butter Fresh Fruit
14	15	16-Thanksgiving Meal	17	18
Meatloaf w/ Ketchup Baked Potato Butter/Sour Cream Sliced Carrots Whole Grain Dinner Roll/Butter Fresh Grapes	Pork Loin with Gravy Whipped Sweet Potatoes Mixed Vegetables Whole Grain Dinner Roll/Butter Apple Pie ALT: Salisbury Steak	Turkey Breast/ Gravy Mashed Potatoes Dressing Green Peas WG Dinner Roll/Butter Pumpkin Pie/Whipped Topping	Beef Stew Warm Biscuit Coleslaw Warm Cinnamon Apples	Potato Crusted Fish/Tartar Sauce Pkt. Scalloped Potatoes Broccoli Multi Grain Bread/Butter Carrot Cupcakes/Cream Cheese Frosting ALT: Chicken Patty
21	22	23	24	25
Chicken Wild Rice Casserole Green Beans Dinner Roll/Butter Pineapple Tidbits Apple Crisp/Whipped Topping	Swiss Steak/Tomatoes Au Gratin Potatoes Mixed Vegetables Multi Grain Bread/Butter Butterscotch Pudding/Whipped Topping	BBQ Pork Riblet on Whole Grain Hoagie Bun BBQ Packet French Fries Chuckwagon Corn Cinnamon Sugar Cookie ALT: Hamburger Patty	BAG LUNCH SITES CLOSED Chicken Salad Croissant Applesauce Cup Three Bean Salad Rice Krispy Square	BAG LUNCH SITES CLOSED Sliced Turkey WG Hamburger Bun Potato Salad Fresh Carrots/Ranch Dip Sugar Cookie
28	29	30-Birthday Meal		
Spaghetti & Meatballs in Marinara Sauce Green Beans Tossed Salad/Italian Dressing Banana Pudding/Whipped Topping	Chicken Stir Fry Soy Sauce Packet Jeweled Rice Mini Vegetable Egg Roll Pineapple Tidbits Chocolate Pudding/Whipped Topping	Beef Pot Roast Mashed Potatoes & Gravy Whole Kernel Corn WG Dinner Roll/Butter Chocolate Cupcakes/ White Frosting		

Menu subject to change.

1% milk and butter 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.

The service is funded through a contract with Trelis, 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 audiotope.

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