



Volunteers of America®

MINNESOTA AND WISCONSIN

OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Beef Meatloaf with Ketchup Glaze Baked Potato Sour Cream/Butter Steamed Carrots Dinner Roll/Butter Fresh Grapes	Roast Pork w/ Gravy Mashed Sweet Potatoes Mixed Vegetables WW Bun/Butter Apple Pie ALT: Salisbury Steak	Chicken Stir Fry Jeweled Rice Mini Vegetable Egg Roll Mandarin Oranges Sugar Cookie Soy Sauce Packet	Beef Stew Buttermilk Biscuit/Butter Creamy Coleslaw Warm Cinnamon Apple Slices	Breaded Pollock Scalloped Potatoes Steamed Broccoli Multigrain Bread/Butter Frosted Yellow Cake ALT: Chicken Breast
10	11	12	13	14
Chicken Wild Rice Casserole Green Beans Pineapple Tidbits White Dinner Roll/Butter Apple Crisp w Topping	Swiss Steak & Tomatoes Au Gratin Potatoes Mixed Vegetables Multi Grain Bread/Butter Butterscotch Pudding/Whipped Topping	BBQ Pork Riblet on a Hoagie Bun BBQ Sauce Chuckwagon Corn French Fries Snickerdoodle Cookie ALT: Beef Riblet	Country Fried Steak Mashed Potatoes/Gravy Glazed Carrots Dinner Roll/Butter Pumpkin Pie w/ Topping	Baked Fish/w Panko/Parm. Topping Rice Pilaf Broccoli Fresh Fruit Warm Biscuit/Butter Carrot Cake/Cream Cheese Frosting ALT: Chicken Breast
17	18	19	20	21
Spaghetti & Meatballs in Marinara Sauce Italian Green Beans Fresh Fruit Banana Pudding/Topping	BBQ Pulled Pork On Bun JoJo Potatoes Coleslaw Fresh Strawberries ALT: Pulled Chicken	Chicken Ala King over Buttermilk Biscuits Broccoli Three Bean Salad Warm Spiced Pears	Fish Sandwich on Bun Corn Chowder Warm Peach Slices Saltine Crackers Mayo Packet Brownie ALT: Chicken Patty	Sweet & Sour Chicken Vegetable Fried Rice Carrots Tropical Fruit Cup M & M Cookie
24	25	26	27	28
Beef Cabbage Roll/ w Stewed Tomatoes Mashed Potatoes Peas & Carrots Rosy Applesauce	Swedish Meatballs in Gravy Buttered Noodles Green Peas Rye Bread/Butter Fresh Orange Oatmeal Raisin Cookie	BIRTHDAY MEAL Beef Pot Roast Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll/Butter Confetti Cake/Frosting	Chicken Parmesan Fettuccine Noodles in Alfredo Sauce Italian Blend Vegetables Fresh Grapes Lemon Bar	OCTOBER FEST Pork Bratwurst on Bun Sauerkraut Brown Mustard Warm German Potato Salad (NO PORK) Fresh Apple Chocolate Cake/Chocolate Frosting ALT: Beef Hot Dog
31				
HALLOWEEN Chicken Strips w Mac & Cheese Honey Mustard Pack Green Peas Fresh Banana Orange Fluff				

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



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MINNESOTA AND WISCONSIN

OCTOBER 2022 BAGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Beef Meatloaf with Ketchup Glaze Baked Potato Sour Cream/Butter Steamed Carrots Dinner Roll/Butter Fresh Grapes	Roast Pork w Gravy Mashed Sweet Potato Mixed Vegetables WW Bun/Butter Apple Pie ALT: Salisbury Steak	Chicken Stir Fry Jeweled Rice Mini Vegetable Egg Roll Mandarin Oranges Sugar Cookie Soy Sauce Packet	Beef Stew Buttermilk Biscuit/Butter Creamy Coleslaw Warm Cinnamon Apple Slices	BAG LUNCH Chicken Salad on Croissant Potato Salad Fresh Fruit Cookie
10	11	12	13	14
Chicken Wild Rice Casserole Green Beans Pineapple Tidbits White Dinner Roll/Butter Apple Crisp w Topping	Swiss Steak & Tomatoes Au Gratin Potatoes Mixed Vegetables Multi Grain Bread/Butter Butterscotch Pudding/Whipped Topping	BBQ Pork Riblet on a Hoagie Bun BBQ Sauce Chuckwagon Corn French Fries Snickerdoodle Cookie ALT: Beef Riblet	Country Fried Steak Mashed Potatoes/Gravy Glazed Carrots Dinner Roll/Butter Pumpkin Pie w Topping	BAG LUNCH Ham & Cheese on Whole Grain <u>Bun</u> Mustard/Mayo Packs Coleslaw Fresh Fruit Cookie ALT: Egg Salad
17	18	19	20	21
Spaghetti & Meatballs in Marinara Sauce Italian Green Beans Fresh Fruit Banana Pudding with Topping	BBQ Pulled Pork On Bun JoJo Potatoes Coleslaw Fresh Strawberries ALT: Pulled Chicken	Chicken Ala King over Buttermilk Biscuits Broccoli Three Bean Salad Warm Spiced Pears	Fish Sandwich on Bun Corn Chowder Warm Peach Slices Saltine Crackers Mayo Packet Brownie ALT: Chicken Patty	BAG LUNCH Turkey & Swiss on Multi Grain Bread Mayo Packet Pasta Salad Fresh Fruit Cookie
24	25	26	27	28
Beef Cabbage Roll w Stewed Tomatoes Mashed Potatoes Peas & Carrots Rosy Applesauce	Swedish Meatballs in Gravy Buttered Noodles Green Peas Rye Bread/Butter Fresh Orange Oatmeal Raisin Cookie	BIRTHDAY MEAL Beef Pot Roast Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll/Butter Confetti Cake/Frosting	Chicken Parmesan Fettuccine Noodles in Alfredo Sauce Italian Blend Vegetables Fresh Grapes Lemon Bar	BAG LUNCH Roast Beef on Rye Mustard Packet Three Bean Salad Fresh Fruit Cookie
31				
HALLOWEEN Chicken Strips w Mac & Cheese Honey Mustard Pack Green Peas Fresh Banana Orange Fluff				

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

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