



Volunteers of America®

MINNESOTA AND WISCONSIN

OCTOBER 2023 - (BAGS ON FRIDAY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Southern Breaded Chicken Mashed Potatoes & Country Gravy Peas Cornbread/Butter Chefs Choice Cookie	Cheeseburger on Bun Potato Wedges Ketchup Pkt Baked Beans Apple Pie	Chicken Parmesan/Noodles Sliced Carrots Tropical Fruit Garlic Breadstick Butterscotch Pudding/Topping	Swedish Meatballs Mashed Potatoes/Gravy Green Beans Dinner Roll/Butter Pineapple Tidbits	Roast Beef and Cheese on Rye Mustard Pkt Pasta Salad Hand Fruit Muffin
9	10	11	12	13
Salisbury Steak Mashed Potatoes/Gravy Carrots Dinner Roll/Butter Jello/Whipped Topping	Sweet & Sour Chicken Fried Rice Vegetable Egg Roll Sweet & Sour Sauce Pkt Mandarin Oranges Sugar Cookie	Beef Lasagna Side Salad/ Ranch Dressing Mixed Veggies Breadstick/Butter 7 Layer Bar	Chicken Drumstick BBQ Pkt Potato Tots Pineapple Coleslaw Buttermilk Biscuit/Butter Apple Crisp	Chicken Salad on Croissant Potato Salad Hand Fruit Cookie
16	17	18	19	20
Beef Goulash Whole Kernel Corn Garlic Toast/Butter Spiced Hot Peaches	Chicken Wild Rice Casserole Carrots Pears Dinner Roll/Butter Chef's Choice Cookie	Stuffed Cabbage Roll/Stewed Tomatoes Peas Garlic Breadstick/Butter Jello-Fluff	Meatloaf Mashed Potatoes/Gravy Mixed Veggies Dinner Roll/Butter Chocolate Strawberry Pudding/Whipped Topping	Ham and Cheddar on Bun Mustard Pkt Coleslaw Hand Fruit Cookie Alt: Egg Salad
23	24	25-Birthday Meal	26	27
Chicken Kiev Broccoli Rice Pilaf Dinner Roll/Butter Chef's Choice Cookie	Cheese Ravioli/Marinara Sauce Mixed Veggies Apple Garlic Breadstick/Butter Jello/Whipped Topping	Beef Pot Roast Mashed Potatoes & Brown Gravy Parslied Carrots Dinner Roll/Butter Chocolate Cream Pie	Roast Pork/Apple Cranberry Sauce Green Beans Banana Wheat Bread/Butter Fruited Pudding Tartlet ALT: Chicken Breast/Apple Cranberry Sauce	Egg Salad on Croissant Pasta Salad Hand Fruit Cookie
30	31			
Cheese Omelet Turkey Sausage Tri-Tators Apple Juice Fruit Muffin/Butter	Spaghetti & Meatballs in Marinara Sauce Mixed Veggies Garlic Toast Hand Fruit Halloween Pudding Cup			

Menu subject to change. 1% milk and margarine are served with each meal. Your comments are welcome: call 952-945-4156. Discuss Special Diet Needs with Site Manager. 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, large print, or audiotape. For TDD, contact Minnesota. Relay Service information about the services provided by Volunteers of America of MN go to www.voamn.org.