

OCTOBER
Volunteers of America®
MINNESOTA AND WISCONSIN
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Chicken Fajita Omlet Cheesy Potatoes English Muffin Jelly Fruit Cocktail Taco Sauce Packet Sour Cream Packet	COLD MEAL Chicken Italian Pasta Salad Cucumber Ranch Salad Dinner Roll/Butter Fresh Cut Fruit Fudge Round Cookie ALT: Turkey Pasta Salad	Lemon Pepper Tilapia Rice Pilaf Carrots Pineapple tidbits Blonde Brownie Tartar Sauce Packet ALT: Lemon Pepper Chicken
6	7	8	9	10
Roasted Chicken w Honey Balsamic Glaze Rice Risotto Mixed Vegetables Wheat Bread/Butter Tropical Fruit Chefs Choice Bar	Beef Tacos Cilantro Lime Rice Fiesta Corn Mandarin Oranges Flour Tortillas Churros Shredded Cheese Taco Sauce Packet	Baked Pollock In Creamy Garlic Sauce Roasted Potatoes Green Beans Multigrain Bread/Butter Fruit Cocktail ALT: Roasted Chicken	Korean BBQ Meatballs Vegetable Lo Mein Broccoli Pineapple Tidbits Chefs Choice Cookie Soy Sauce Packet	Chicken Wild Rice Casserole Carrots Dinner Roll/Butter Diced Pears Butterscotch Pudding w Whip Topping
13	14	15	16	17
Meatloaf w Ketchup Glaze Mashed Potatoes Brown Gravy Peas w Carrots Dinner Roll/Butter Lemon Bar	BBQ Pulled Pork On a Bun Potato Wedges Coleslaw Chocolate Chip Cookie ALT: BBQ Chicken	Cheese Roll up in Tomato Basil Sauce Green Beans Side Salad Applesauce Breadstick/Butter Italian Dressing Packet Parmesan Cheese	Chicken Zucchini/Squash Casserole Rice Broccoli Rye Bread/Butter Pineapple Tidbits Orange Jello w Whip Topping	Roasted Chicken in Cider Sauce Roasted Potatoes Brussel Sprouts Tropical Fruit Wheat Bread/Butter
20	21	22	23	24
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	Chicken Fajitas Shredded Cheese Seasoned Pinto Beans Mexican Corn Strawberry Applesauce Flour Tortillas Taco Sauce	Roast Pork in Balsamic Onion Sauce Mashed Potatoes Peas Dinner Roll/Butter Oatmeal Raisin Cookie ALT: Roast Turkey	Crab Stuffed Pollock Rice Pilaf Broccoli Mandarin Oranges Banana Pudding w Whip Topping Tartar Sauce Packet ALT: Chicken Kiev
27	28	29	30	31
Swedish Meatballs in Swedish Sauce Roasted Root Vegetable's Tropical Fruit Wheat Bread/Butter Brownie	Chili Potato Wedges Broccoli Cornbread/Butter Applesauce Sour Cream Packet	BIRTHDAY MEAL Beef Pot Roast Mashed Potatoes Brown Gravy Green Beans Dinner Roll/Butter 'White Cake/White Frosting	Roasted Chicken in Creamy Garlic Rosemary Sauce Rice Peas w Pearl Onions Multigrain Bread/Butter Fruit Cocktail Sugar Cookie	Cheeseburger on a Bun Baked Beans Mixed Vegetables Diced Peaches/Ketchup/Mustard Packets

The menu is subject to change. 3% 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 participants 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