## Volunteers of America ${ }^{8}$ MINNESOTA AND WISCONSIN

FEBRUARY 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  | 1 | 2 |
| TRELLIS |  |  | Herb Roasted Chicken <br> Scalloped Potatoes <br> Green Beans <br> Dinner Roll/Butter Strawberry <br> Jello/Whipped Topping | Lasagna <br> Mixed Vegetables Side Salad/Ranch Garlic Toast/Butter Chef's Choice Cookie |
| 5 | 6 | 7 | 8 | 9 |
| Beef Tips in Gravy Mashed Potatoes Italian Vegetables Fresh Orange Dinner Roll/Butter Brownie | Cheese Ravioli <br> Marinara Sauce Green Peas <br> Fruit Cocktail <br> Garlic Toast/Butter <br> Tapioca <br> Pudding/Whipped Topping | Chicken Chow Mein Soy Sauce Packet White Rice Broccoli Chow Mein Noodles Fresh Banana Sugar Cookie | Meatloaf <br> Mashed Potatoes/ <br> Gravy <br> Carrots <br> Dinner Roll/Butter <br> Peach Crisp | Chicken Ala King <br> Over Fettuccini Noodles <br> Mixed Vegetables Fresh Apple Breadstick/Butter Fruited Orange Fluff |
| 12 | 13 | 14- Valentines Meal | 15 | 16 |
| Chicken Fettuccini <br> California Blend Veggies <br> Mandarin Oranges Breadstick/Butter Chocolate <br> Pudding/Whipped Topping | Roasted Pork Loin/ <br> Dijon Sauce <br> Roasted Potatoes Carrots <br> Multigrain <br> Bread/Butter <br> Jello Cake <br> ALT: Dijon Chicken | Chicken Kiev <br> Scalloped Potatoes Italian Blend Veggies Tropical Fruit Garlic Toast/Butter Strawberry Cheesecake Cup <br> ALT: Breaded Pollock | Chicken Fajitas Taco Sauce Packet Sour Cream Packet Cilantro Lime Rice Corn <br> Flour Tortilla Fresh Apple Blonde Brownie | Lemon Pepper Tilapia <br> Tatar Sauce Packet Rice Pilaf Broccoli <br> Dinner Roll/Butter Fresh Orange <br> Raspberry Jello Fluff ALT: Lemon Chicken |
| 19 -CLOSED | 20 | 21 | 22 | 23 |
| Cold Plate Available Asian Pepper Steak Soy Sauce Packet White Rice Carrots Mandarin Oranges Lemon Bar | Chicken Parmesan <br> Marinara Sauce over Fettuccini Noodles Italian Blend Veggies Diced Pears Garlic Toast/Butter Chocolate Cream Pie | Cheese Omelet <br> Turkey Sausage <br> Tri -Tators <br> Fresh Banana <br> Blueberry Muffin/Butter | Beef Stew Biscuit Broccoli Fresh Apple Warm Bread Pudding | Orange Chicken Soy Sauce Packet <br> Fried Rice Asian Blend Veggies Fruit Cocktail Sugar Cookie |
| 26 | 27 | 28- Birthday Meal | 29 |  |
| Chicken Wild Rice <br> Casserole <br> Green Beans <br> Fresh Apple <br> Dinner Roll/Butter <br> Banana <br> Pudding/Whipped <br> Topping | Cheeseburger on Bun French Fries Carrots <br> Chef's Choice Cookie Ketchup Packet | Beef Pot Roast <br> Mashed Potatoes/ Gravy <br> Peas \& Carrots <br> Dinner Roll/Butter <br> Spice Cupcakes/Cream <br> Cheese Frosting | Chicken Tenders <br> Mashed Potatoes \& Country Gravy Corn <br> Biscuit/Butter Brownie | Check out our many frozen meals available to take home. |

Menu subject to change. $1 \%$ milk and margarine are served with each meal. Special Diet needs available on request. 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, 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.

