



# Volunteers of America®

MINNESOTA AND WISCONSIN

## SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Chicken Pasta Primavera Italian Blend Veggies Garlic Toast/Butter Bread Pudding/ Whipped Topping
4	5	6	7	8
<b>SITES CLOSED</b> <b>BAG LUNCH</b> Sliced Turkey Swiss Cheese/Croissant Cole Slaw Cookie Applesauce Cup Mayo Packet	BBQ Chicken Drumstick Mac & Cheese Peas Diced Pears Cornbread/Butter Chocolate Pudding/Oreo Topping BBQ Packet	Sloppy Joe on Whole Grain Bun Sweet Potato Tots Green Beans Pound Cake/ Strawberry Topping & Whipped Cream	Meat Lasagna Side Salad/ Ranch Dressing Mixed Veggies Garlic Toast/Butter Fresh Grapes	Chicken Cordon Bleu In Alfredo Sauce (Chicken Breast, Ham, Swiss Cheese) Rice Pilaf Broccoli Fresh Orange Blonde Brownie  <b>ALT: Chicken Cordon Bleu No Ham</b>
11	12	13	14	15
Southern Breaded Chicken Mashed Potatoes & Country Gravy Green Beans Dinner Roll/Butter Chefs Choice Cookie	Beef Goulash Whole Kernel Corn Fresh Apple Garlic Toast/Butter Strawberry Jell-O w Whipped Topping	Chicken Parmesan With Marinara Sauce over Egg Noodles Sliced Carrots Peaches Garlic Breadstick/Butter Chocolate Cream Pie Parmesan Packet	Lemon Pepper Tilapia Rice Pilaf Mixed Veggies Dinner Roll/Butter Fresh Melon Lemon Bar Tartar Sauce Packet <b>ALT: Lemon Pepper Chicken</b>	Grilled Chicken Fajita Bowl Spanish Rice Mexican Corn Tortilla Chips Shredded Cheese Pineapple Tidbits Churro Sour Cr. & Taco Sauce Packets
18	19	20	21	22
Bratwurst/ Sauerkraut on WG Bun Tater Gems Carrots Brownie Mustard/Ketchup Packets <b>Alt: Beef Hot Dog</b>	Sweet & Sour Chicken Fried Rice Vegetable Egg Roll Apple Fortune Cookie Sweet & Sour Sauce Packets	Spaghetti & Meatballs in Marinara Sauce Green Beans Garlic Breadstick/Butter Diced Peaches Chefs Choice Cookie	Cheeseburger on WG Bun Coleslaw Baked Beans Jell-O Fluff Ketchup Packet	French Toast Hashbrown Triangles Turkey Sausage Fruited Muffin/Butter Fresh Grapes Pancake Syrup
25	26	<b>27- Birthday Meal</b>	28	29
Dijon Pork Loin Oven Roasted Potatoes Broccoli Dinner Roll/Butter Banana Pudding/ Whipped Topping	Beef Hot Dog on WG Bun Baked Beans Potato Salad Chefs Choice Cookie Ketchup & Mustard Packets	Beef Pot Roast Mashed Potatoes & Brown Gravy Sliced Carrots Dinner Roll/Butter Chocolate Cupcake/White Frosting	<b>COLD MEAL</b> Chicken Pasta Salad Dinner Roll/Butter Watermelon Chefs Choice Cookie	Ham & Potato Casserole Peas & Carrots Fresh Orange Multi Grain Bread/Butter Blonde Brownie

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, 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](http://www.voamn.org) this information will be made available in alternative format: Braille,