



Volunteers of America®

MINNESOTA AND WISCONSIN APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Cheeseburger on Bun Potato Wedges Baked Beans Pudding w/Whipped Topping Ketchup & Mustard Pkts	Potato Crusted Fish Rice Pilaf California Blend Veggies Roll/Butter Hand Fruit Cookie Tartar Sauce Pkt ALT: Chicken Patty	Shepherd's Pie with Cheese Topping Brussel Sprouts White Bread/Butter Hand Fruit Frosted Cupcake	Baked Chicken Breast w/ Gravy Orzo Florentine Sliced Carrots Tropical Fruit Bread Pudding	Taco Bowl w/Taco Meat, Cheese, Seasoned Beans, Mexican Corn, Rice Lemon Bar Sour Cream/ Taco Sauce Pkts ALT: Potato Crusted Fish
10	11	12	13	14
Turkey Chef Salad Dinner Roll/Butter Mandarin Oranges Cookie Ranch Dressing Pkt	Bratwurst & Sauerkraut/on Bun Tater Gems Diced Carrots Diced Pears Mustard Pkt ALT: Beef Hot Dog	Salisbury Steak/ Brown Gravy Mashed Potatoes Green Beans Dinner Roll/Butter Applesauce	Chicken Stir Fry Confetti Rice Vegetable Egg Roll Hand Fruit Fortune Cookie Sweet & Sour Sauce Pkt	Beef Lasagna California Blend Veggies Tossed Salad/French Dressing Pkt Garlic Breadstick/Butter Brownie
17	18	19	20	21
Cheese Omelet Turkey Sausage Hash Brown Casserole Apple Juice Cup Fruit Muffin/Butter	Beef Goulash Whole Kernel Corn Hand Fruit Garlic Toast Raspberry Gelatin/Whipped Topping	Chicken Caesar Salad Caesar Dressing Pkt Mandarin Oranges Dinner Roll/Butter Cookie	Meatloaf/Ketchup Whipped Potatoes/Gravy Broccoli Hand Fruit Pudding Tart	Chicken Wild Rice Casserole Green Beans Carrots Dinner Roll/Butter Blonde Brownie
24	25	26	27	28
Orange Chicken Fried Rice Broccoli Pineapple Tidbits Dinner Roll/Butter Tapioca Pudding/Whipped Topping	Turkey Salad on Croissant Sliced Cucumbers Pasta Veggie Salad Hand Fruit Cookie	Beef Pot Roast with Mashed Potatoes & Gravy Sliced Carrots Dinner Roll/Butter Frosted Cupcake	Chicken Cheeseburger/on Bun French Fries Green Peas Hand Fruit Gelatin/ Topping Ketchup Pkt	Pulled Pork/on Bun Potato Wedges Baked Beans Lemon Bar Ketchup/BBQ Pkts ALT: BBQ Chicken

-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