



# 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 <b>ALT: Chicken Patty</b>	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	<b>Bag Lunch</b> <b>Turkey/Swiss on Multi Grain Bread</b> <b>Pasta Salad</b> <b>Fresh Fruit</b> <b>Cookie</b>
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  <b>ALT: Beef Hot Dog</b>	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	<b>Bag Lunch</b> <b>Roast Beef/Rye</b> <b>3 Bean Salad</b> <b>Fresh Fruit</b> <b>Cookie</b>
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	<b>Bag Lunch</b> <b>Chicken</b> <b>Salad/Croissant</b> <b>Potato Salad</b> <b>Fresh Fruit</b> <b>Cookie</b>
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	<b>Bag Lunch</b> <b>Ham &amp; Cheese on Whole Grain Bun</b> <b>Coleslaw</b> <b>Fresh Fruit</b> <b>Cookie</b> <b>ALT: Egg Salad</b>

-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](http://www.voamn.org)