



Volunteers of America®

MINNESOTA AND WISCONSIN

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
New Year's Day Site Closed Chicken Salad Potato Salad Wheat Hamburger Bun Fresh Fruit Oatmeal Cookie	Potato Crusted Fish Tartar Sauce Packet Rice Pilaf California Veggies Roll/Butter Fresh Fruit Oatmeal Cookie ALT: Chicken Tenders/BBQ Sauce	Shepherd's Pie with Cheese Topping Brussel Sprouts White Bread/Butter Fresh Fruit Chocolate Cupcake w White Frosting	Baked Chicken Breast With Gravy Roasted Potatoes Green Peas Garlic Toast/Butter Tropical Fruit Cup	Beef Chili Saltine Crackers Baked Potato Sour Cream Packet Cornbread Fresh Fruit Lemon Bar
9	10	11	12	13
Chicken Enchiladas Sour Cream Packet Spanish Rice Mexican Corn Mandarin Oranges Strawberry Jell-O	Ham & Potato Casserole Peas & Carrots Fresh Fruit Bread/Butter Sugar Cookie ALT: Scalloped Chicken	Chicken Stir Fry Sweet & Sour Packet Confetti Rice Vegetable Egg Roll Fresh Fruit Peach Cobbler	Salisbury Beef /Brown Gravy Mashed Potatoes Green Beans Whole Grain Dinner Roll/Butter Applesauce	Beef Lasagna California Veggies Tossed Salad/Ranch Dressing Garlic Breadstick/Butter Brownie
16	17	18	19	20
Martin Luther King Jr Sites Closed Egg Salad on Rye Pasta Salad Apple Juice Sugar Cookie	Beef Goulash Whole Kernel Corn Fresh Fruit Garlic Toast/Butter Lime Jell-O/Whipped Topping	Chicken Tenders Mac & Cheese Carrots Pineapple Tidbits WG Dinner Roll/Butter Chocolate Chip Cookie	Chicken Wild Rice Casserole Green Beans WG Dinner Roll/Butter Butterscotch Pudding	Beef Meatloaf Ketchup Packet Mashed Potatoes & Gravy Broccoli Bread/Butter Fresh Fruit Blonde Brownie
23	24	25-Birthday Meal	26	27
BBQ Pulled Pork/Bun Potato Wedges Ketchup Packet Baked Beans Strawberry Jell-O ALT: BBQ Chicken	Tuna Noodle Casserole Broccoli Fresh Fruit White Bread/Butter Cookie ALT: Chicken Noodle Casserole	Roast Beef Mashed Potatoes & Brown Gravy Whole Kernel Corn WG Dinner Roll/Butter Carrot Cupcake/Cream Cheese Frosting	Chicken Burger w Cheese on Bun Ketchup & Mayo Packets French Fries Green Peas Strawberry Applesauce	Beef Stew Buttermilk Biscuit Mixed Veggies Mandarin Oranges Chef's Choice Cookie
30	31			
Sloppy Joe on bun Glazed Carrots Tater Gems Ketchup Packet Pineapple Tidbits	Chicken Patty/Alfredo Sauce/ Fettuccine Noodles Italian Blend Veggies Garlic Breadstick/Butter Lemon Bar			

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, 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



Volunteers of America®

MINNESOTA AND WISCONSIN

JANUARY 2023 WITH BAGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
New Year's Day Site Closed Chicken Salad Potato Salad Wheat Hamburger Bun Fresh Fruit Oatmeal Cookie	Potato Crusted Fish Rice Pilaf California Veggies Whole Grain Dinner Roll/Butter Fresh Fruit Oatmeal Cookie Tartar Sauce Pack ALT: Chicken Tenders/BBQ Sauce	Shepherd's Pie with Cheese Topping Brussel Sprouts White Bread/Butter Fresh Fruit Chocolate Cupcake w White Frosting	Baked Chicken Breast With Gravy Roasted Potatoes Green Peas Garlic Toast/Butter Tropical Fruit Cup	BAG LUNCH Ham & Cheese on Whole Grain Bun Coleslaw Fresh Fruit Cookie Mustard/Mayo Packs ALT: Egg Salad
9	10	11	12	13
Chicken Enchiladas Spanish Rice Mexican Corn Mandarin Oranges Strawberry Jell-O Sour Cream Pack	Ham & Potato Casserole Peas & Carrots Fresh Fruit Multi Grain Bread/Butter Sugar Cookie ALT: Scalloped Chicken	Chicken Stir Fry Confetti Rice Vegetable Egg Roll Fresh Fruit Peach Cobbler Sweet & Sour Pack	Salisbury Beef in Brown Gravy Mashed Potatoes Green Beans Whole Grain Dinner Roll/Butter Applesauce	BAG LUNCH Turkey & Swiss on Multi Grain Bread Pasta Salad Fresh Fruit Cookie
16	17	18	19	20
Martin Luther King Jr Site Closed Egg Salad Pasta Salad Apple Juice Rye Bread Sugar Cookie	Beef Goulash Whole Kernel Corn Garlic Toast/Butter Fresh Fruit Lime Jell-O/Whipped Topping	Chicken Tenders Mac & Cheese Carrots Pineapple Tidbits WG Dinner Roll/Butter Chocolate Chip Cookie	Chicken Wild Rice Casserole Green Beans WG Dinner Roll/Butter Butterscotch Pudding	BAG LUNCH Roast Beef on Rye Three Bean Salad Fresh Fruit Cookie Mustard Pack
23	24	25	26	27
BBQ Pulled Pork Potato Wedges Baked Beans Wheat Hamburger Bun Strawberry Jell-O Ketchup Pack ALT: BBQ Chicken	Tuna Noodle Casserole Broccoli Fresh Fruit White Bread/Butter Chef's Choice Cookie ALT: Chicken Noodle Casserole	Roast Beef Mashed Potatoes & Brown Gravy Whole Kernel Corn WG Dinner Roll/Butter Carrot Cupcake/Cream Cheese Frosting	Chicken Burger w Cheese on Bun French Fries Green Peas Strawberry Applesauce Ketchup & Mayo Packs	BAG LUNCH Chicken Salad on Croissant Potato Salad Fresh Fruit Cookie
30	31			
Sloppy Joe on bun Glazed Carrots Tater Gems Pineapple Tidbits Ketchup Pack	Breaded Chicken Patty in Alfredo Sauce over Fettuccine Noodles Italian Blend Veggies Garlic Breadstick/Butter Lemon Bar			

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, 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

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