

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
All Beef Hot Dog on a Bun Baked Beans Potato Salad Diced Peaches Ketchup Packet	Honey Balsamic Chicken Risotto Mixed Vegetables Wheat Bread/Butter Diced Peaches	Korean BBQ Meatballs Confetti Rice Broccoli Pineapple Tidbits Lemon Bar Soy Sauce Packet	COLD MEAL Southwest Chicken Salad Tortilla Chips Salsa Fresh Cut Fruit Chocolate Chip Cookie	Meatloaf w Ketchup Glaze Mashed Potatoes & Gravy Peas w Carrots Dinner Roll/Butter Chocolate Pudding w Whip Topping
8	9	10	11	12
BBQ Pulled Pork on a Bun Potato Wedges Coleslaw Oatmeal Crème Pie Cookie Ketchup Packet ALT: BBQ Pulled Chicken	Chicken Fajitas Seasoned Pinto Beans Mexican Corn Flour Tortillas Shredded Cheese Taco & Sour Cream Packets Strawberry Applesauce	Cheese Roll Up in Tomato Basil Sauce Green Beans Side Salad Italian Dressing Packet Breadstick/Butter Parmesan Cheese Applesauce	COLD MEAL Seafood Pasta Salad Italian Broccoli Salad Saltine Crackers/Butter Fresh Cut Fruit Jello Cake ALT: Chicken Pasta Salad	Herb Roasted Chicken Thigh Roasted Red Potatoes Brussel Sprouts Wheat Bread/Butter Diced Peaches
15	16	17	18	19
Chicken Egg Roll Bowl White Rice Stir Fry Vegetables Dinner Roll/Butter Diced Pears Brownie Soy Sauce Packet	Brat on a Bun w Sauerkraut Tater Tot Coleslaw Butterscotch Pudding w Whip Topping Ketchup/Mustard Packets	Beef Tacos Flour Tortillas Cilantro Lime Rice Fiest Corn Mandarin Oranges Shredded Cheese Churros Taco Sauce Packet	COLD MEAL Chef's Salad Fresh Cut Fruit Dinner Roll/Butter Ranch Dressing Carnival Cookie ALT: Turkey Chef Salad	Crab Stuffed Pollock Rice Pilaf Broccoli Pineapple Tidbits Strawberry Jello w Whip Topping Tartar Sauce Packet ALT: Chicken Kiev
22	23	24	25	26
Chicken Tenders Mac & Cheese Peas w Pearl Onions Tropical Fruit Lemon Bar Honey Mustard Packet	Cheeseburger on a Bun Tater Tot Mixed Vegetables Diced Peaches Ketchup/Mustard Packets	BIRTHDAY MEAL Beef Pot Roast Mashed Potatoes & Gravy Carrots Dinner Roll/Butter Yellow Cake w Chocolate Frosting	COLD MEAL Chicken Caesar Pasta Salad Zucchini Salad Breadstick/Butter Strawberry Applesauce Rice Krispie Bar	Ham Au Gratin Potatoes Green Beans Dinner Roll/Butter Banana ALT: Roasted Turkey/Gravy
29	30			
Honey Ginger Chicken Thigh Vegetable Lo Mein Broccoli Tropical Fruit Sugar Cookie Soy Sauce Packet	Sloppy Joe on a Bun Baked Beans Mixed Vegetables Orange Jello w Whip Topping			

The menu is subject to change. 1% milk and margarine are served with each meal. 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. This service is funded through a contract with Trellis, Inc. as part of the Older Americans Act Program and participant contributions. Upon request, large prints, or audiotape are available.

For TDD, contact Minnesota Relay Service. For information about the services provided by Volunteers of America of MN go to www.voamn.org