



# Volunteers of America®

## MINNESOTA AND WISCONSIN

### SEPTEMBER 2022

### TRIO MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Oriental Chicken Salad Asian Dressing Fresh Fruit Biscuit/Butter Brownie	Vegetable Frittata Tator Gems Fresh Carrots/Ranch Dressing Biscuit/Butter Fruited Orange Jell-O w Topping
5	6	7	8	9
Turkey Vegetable Stew Tossed Salad/ Ranch Dressing Roll/Butter Fresh Pear	Oven Fried Chicken Mashed Potatoes/Brown Gravy Green Beans Wheat Bread/Butter Chocolate Chip Cookie	Beef Chili Broccoli Fresh Orange Dinner Roll/Butter Fresh Orange Chef's Choice Dessert	Chicken Fettuccini Zucchini / Red Peppers Carrots WG Bun/Butter White Cake/White Frosting	Chopped Steak/ Gravy Whipped Potatoes Whole Kernel Corn Banana White Bread/Butter Angel Food Cake/ Strawberry Topping
12	13	14	15	16
Turkey Breast Mashed Potatoes/Gravy Green Beans Roll/Butter Chocolate Cake/Chocolate Frosting	Meatballs in Mushroom Gravy Parslied Couscous Sliced Carrots Roll/Butter Fresh Apple	Spaghetti Casserole Italian Mixed Veggies Tossed Salad/ Ranch Dressing Garlic Bread Stick/Butter Cinnamon Applesauce	Potato Crusted Fish Tartar Sauce Packet Parslied Potatoes Whole Kernel Corn Oatmeal Cookie  <b>ALT: Chicken Breast</b>	Swiss Steak/ Gravy Mashed Potatoes Sliced Carrots Roll/Butter Fresh Apple Chef's Choice Cookie
19	20	21	22	23
Meatloaf Stewed Tomatoes Mashed Potatoes/Gravy White Bread/Butter Brownie	Garlic Rosemary Chicken Red Potatoes Harvard Beets Roll/Butter Fresh Pear	Hamburger Patty/Bun American Cheese French Fries Corn Fresh Fruit Blonde Brownie	Cranberry Apple Pork Mashed Potatoes Parslied Carrots Roll/Butter Chocolate Pudding  <b>ALT: Chicken Breast</b>	All Beef Hotdog/ Bun Ketchup/Mustard Packets Baked Beans Potato Salad Fresh Fruit
26	27	28	29	30
Breaded Fish Tartar Sauce Scalloped Potatoes Green Peas Roll/Butter Oatmeal Cookie <b>ALT: Chicken Patty</b>	Baked Chicken w/ Brown Gravy Parslied Rice Corn Roll/Butter Fresh Fruit	<b>BIRTHDAY MEAL</b> Beef Pot Roast Mashed Potatoes/Gravy Carrots Roll/Butter White Cake/White Frosting	Pulled BBQ Pork/ Wheat Bun Mac & Cheese Baked Beans Fresh Grapes  <b>ALT: Chicken Patty</b>	Sloppy Joe on Bun JoJo Potatoes Coleslaw Fruit Cup Chef's Choice Cookie

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