



# Volunteers of America®

## MINNESOTA AND WISCONSIN

SENIOR NUTRITION SERVICES

TRIO-FRIDAY CLOSED

AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken Tenders/Mac & Cheese California Veggies Multi-grain Bread/Butter Angel Food Cake/Strawberries	Cheeseburger/Bun French Fries Mustard/Ketchup Pkts Corn Fresh Fruit Strawberry Jello/Whipped Topping	Meatloaf Mashed Potatoes/Gravy Peas Dinner Roll/Butter Peach Crisp w/Whipped Topping	Chicken Caesar Salad w/Chicken Strips Caesar Dressing Pkt Croutons Parmesan Cheese Fresh Fruit Dinner Roll/Butter Sugar Cookie	Bag Lunch Roast Beef on Rye Mustard Pkt Three Bean Salad Fresh Fruit Cookie
8	9	10	11	12
Sliced Ham/Cheese On Bun Fresh Baby Carrots Potato Chips Fresh Fruit Cin. Sugar Cookie ALT: Sliced Turkey	Swiss Steak w/Tomatoes Mashed Potatoes/Gravy Mixed Veggies Dinner Roll/Butter Frosted Spice Cake	Shepherd's Pie/Mashed Potatoes Fresh Carrots/Ranch Dressing Dinner Roll/Butter Sugar Cookie	Sloppy Joe on Bun Potato Salad Baked Beans Fresh Fruit Apple Crisp/Topping	Bag Lunch Chicken Salad on Croissant Potato Salad Fresh Fruit Cookie
15	16	17	18	19
Pork Loin Brown Gravy/Mushrooms Roasted Potatoes Glazed Carrots Fresh Fruit Butterscotch Pudding/Topping ALT: Chicken	Cheese Omelet Sausage Links Tri-Tators Ketchup Pkt Apple Juice Chocolate Chip Cookie	Swedish Meatballs Egg Noodles Broccoli Fresh Fruit Lemon Bar	Tilapia w/Lemon Sauce Rice Peas Fresh Fruit Dinner Roll/Butter Blondie ALT: Chicken	Bag Lunch Ham and Cheese on Whole Grain Mustard/Mayo Pkt Coleslaw Fresh Fruit Cookie  ALT: Egg Salad
22	23	24	25	26
Beef Lasagna Peas Fresh Fruit Garlic Toast Chocolate Pudding/Topping	BBQ Chicken Coleslaw Mixed Veggies Dinner Roll/Butter Key Lime Tart/Topping	Salisbury Steak Mashed Potatoes/Gravy Green Beans Frosted Pumpkin Bar	Sweet and Sour Chicken Fried Rice Sliced Carrots Fresh Fruit Dinner Roll/Butter Fresh Orange	Bag Lunch Turkey & Swiss on Multi-Grain Mayo Pkt Pasta Salad Fresh Fruit Cookie
29	30	31		
Parmesan Chicken Penne Pasta Italian Veggies Fresh Fruit Garlic Bread Choc Chip Cookie	Chicken Cordon Bleu Au Gratin Potatoes Peas and Carrots Dinner Roll/Butter Banana Nut Muffin ALT: No Ham	Pot Roast Mashed Potatoes/Gravy Corn Dinner Roll/Butter Chocolate Cake/White Frosting		

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)



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8	9	10	11	12
Sliced Ham/Cheese On Bun Fresh Baby Carrots Potato Chips Fresh Fruit Cin. Sugar Cookie ALT: Sliced Turkey	Swiss Steak w/Tomatoes Mashed Potatoes/Gravy Mixed Veggies Dinner Roll/Butter Frosted Spice Cake	Shepherd's Pie/Mashed Potatoes Fresh Carrots/Ranch Dressing Dinner Roll/Butter Sugar Cookie	Tilapia w/Lemon Sauce Rice Peas Fresh Fruit Dinner Roll/Butter Blondie ALT: Chicken	Chicken Sesame Salad w/Chicken Strips Sesame Dressing Dinner Roll/Butter Oatmeal Raisin Cookie
15	16	17	18	19
Pork Loin Gravy/Mushrooms Roasted Potatoes Glazed Carrots Fresh Fruit Butterscotch Pudding/Topping ALT: Chicken	Cheese Omelet Sausage Links Tri-Tators Ketchup Pkt Apple Juice Chocolate Chip Cookie	Swedish Meatballs Egg Noodles Broccoli Fresh Fruit Lemon Bar	Sloppy Joe on Bun Potato Salad Baked Beans Fresh Fruit Apple Crisp w/Topping	Pulled Pork/Bun Scalloped Potatoes California Veggies BBQ Sauce Sugar Cookie ALT: Chicken
22	23	24	25	26
Beef Lasagna Peas Fresh Fruit Garlic Toast Chocolate Pudding/Topping	BBQ Chicken Coleslaw Mixed Veggies Dinner Roll/Butter Key Lime Tart/Topping	Salisbury Steak Mashed Potatoes/Gravy Green Beans Frosted Pumpkin Bar	Sweet and Sour Chicken Fried Rice Sliced Carrots Fresh Fruit Dinner Roll/Butter Fresh Orange	Tuna Mac Salad Celery Sticks/Ranch Dressing Fresh Fruit Oatmeal Raisin Cookie ALT: Chicken Salad
29	30	31		
Parmesan Chicken Penne Pasta Italian Veggies Fresh Fruit Garlic Bread Choc Chip Cookie	Chicken Cordon Bleu Au Gratin Potatoes Peas and Carrots Dinner Roll/Butter Banana Nut Muffin ALT: No Ham	Pot Roast Mashed Potatoes/Gravy Corn Dinner Roll/Butter Chocolate Cake/White Frosting		

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