

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Jumbo Beef Hotdog W/ Bun & Mustard Packet Potato Salad Baked Beans Watermelon SR: Hamburger W/ Bun Ketchup Packet & Two Tone Beans	Sliced Turkey Mashed Potatoes W/ Gravy Corn O' Brien Potato Dinner Roll Cherry Gelatin W/Topping SR: Gravy RCD: Gelatin
5	6	7	8	9
CLOSED BAGS & FROZEN MEALS AVAILABLE	Baked Ham In Fruit Juice Mashed Sweet Potatoes Creamy Coleslaw Dinner Roll Lemon Meringue Pie SR: Sliced Turkey In Fruit Juice RCD: Cheesecake	Chicken Florentine Alfredo Italian Vegetables Tossed Salad W/French Dressing Breadstick Homemade Shortbread Cookie RCD: Vanilla Wafers	Beef Pot Roast Mashed Potatoes W/ Gravy Rutabagas 9 Grain Bread Lemon Bar SR: Gravy RCD: Lorna Doones	Seafood Pasta Salad OR Turkey Pasta Salad 3 Bean Salad Peach Half French Bread Vanilla Pudding RCD: Pudding
12	13	14	15	16
Lasagna Roll-Ups W/ Ground Beef Marinara Sauce Green Beans Mandarin Oranges Bread stick Oatmeal Cookie SR: Marinara Sauce	Roast Pork W/ Apple Nutmeg Sauce OR Turkey W/Apple Nutmeg Sauce Mashed Potatoes Cornbread Stuffing Dilled Carrots Berry Cake W/ Berry Frosting RCD: Unfrosted Cake	Turkey Chef Salad W/Ranch Dressing Dinner Roll Frosted Brownie RCD: Chocolate Pudding	Salisbury Steak W/Gravy O'Brien Scalloped Potatoes Mixed Vegetables 9 Grain Bread Banana SR: Gravy	Smoked Brat Link W/ Bun & Ketchup Tri Taters Oregon Blend Vegetables Apple Pie SR: Beef Patty W/ Bun & Ketchup RCD: Apple Slices
19	20	21	22	23
Seasoned Baked Chicken German Potato Salad Corn Rye Bread M&M Cookie SR: Mashed Potatoes RCD: Shortbread	Healthy Baked Fish W/ Lemon Juice AuGratin Potatoes W/ Onion & Peppers Broccoli Whole Wheat Bread Tapioca Pudding SR: Swiss Steak W/ Tomato Sauce RCD: Vanilla Pudding	Beef Riblet W/Onion Gravy OR Liver W/Onion Gravy Baked Potato Harvard Beets Whole Wheat Dinner Roll Rosy Applesauce SR: Onion Gravy	Italian Turkey Meatloaf Mashed Potatoes Peas Whole Wheat Bread Peach & Raisin Crisp RCD: Peaches	Tator Tot Casserole W/ Mixed Vegetables Peaches Whole Wheat Bread Spice Bar SR: Tator Tot Casserole W/ Veggies RCD: Unfrosted Bar
26	27	Birthdays Meal 28	29	30
Sloppy Joe On Bun Tator Circles Two Tone Beans Sliced Cinnamon Apple Slices SR: Sloppy Joe On Bun	Turkey Rotini Salad W/ Craisins Pineapple Rings Pickled Beets Dinner Roll Blueberry Muffin	Beef Pot Roast Mashed Potatoes W/ Gravy Winter Blend Vegetables Multi Grain Bread Hummingbird Cake SR: Gravy RCD: Unfrosted Cake	Sweet & Sour Pork OR Sweet & Sour Chicken White Rice Oriental Blend Vegetables Apricots Whole Wheat Bread Lemon Cookie RCD: Oatmeal Cookie	Baked Penne Pasta W/Ground Beef & Marinara Sauce Italian Blend Vegetables Tossed Salad W/ Italian Dressing Breadstick Butterscotch & Vanilla Swirl SR: Marinara Sauce RCD: Pudding Swirl

1% milk and margarine are served with each meal. Skim milk is available upon request. Some days there are two choices for the entrée, indicated by the word OR. Other food options are as noted: SR = salt restricted, RC = restricted calorie and RCD = restricted calorie dessert. Please state your selection when you make your reservation. If you have questions regarding meals or options, feel free to ask your Site Coordinator. Your comments are welcome call 612-617-7842. Volunteers of America Senior Nutrition Program serve all seniors regardless of race, color, sex, disability, national origin, creed or religion. The service is funded through a contract with the Metropolitan Area Agency on Aging, 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 go to www.voamn.org.