



SENIOR NUTRITION SERVICES

Call 612-869-6662 Three days in adv.

DINING LOCATION 7000 Nicollet Ave. Richfield PHONE Between 10:30 am- 12 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Beef Lasagna Italian Green Beans Garlic Breadstick/margarine Lettuce Salad/French Dressing Fresh Fruit Lemon Gelatin ALT: Vegetable Lasagna	Beef Stew Warm Buttermilk Biscuit Creamy Coleslaw Warm Cinnamon Apple Slices Raspberry Fluff	Fish Nuggets Tator Tots Peas & Carrots White Bread/margarine Frosted Chocolate Cake ALT: Chicken Nuggets RCD: Unfrosted Cake
6	7	8 Movie Day	9	10
BBQ Beef Riblet Whole Grain Bun Pickle Chips Oven Fries/Ketchup Pkt. Mixed Vegetables Fresh Fruit	Baked Penne with Turkey meat sauce Steamed Broccoli Garlic Breadstick/margarine Fresh Fruit Vanilla Pudding	Roast Turkey & Gravy Mashed Sweet Potatoes Peas Rye Bread/margarine Pumpkin bar w/Cream Cheese Icing RCD: No Icing	Swiss Steak & Tomatoes Au Gratin Potatoes Mixed Vegetables Multi Grain Bread/margarine Lemon Bar	Fish Patty on Bun Tartar Sauce Pkt. Tri Taters Ketchup pkt. Carrot Coins Fruited Gelatin ALT: Chicken Patty
13	14	15	St. Patrick's Meal 16	17
Beef Meatballs in Gravy Mashed Potatoes Mixes Vegetables Multi Grain Bread/margarine Cherry Streusel Bites 500 Tournament	Chicken ala King over Warm Buttermilk Biscuit Green Beans Tropical Fruit Chocolate Tart w/topping RCD: No topping	Roast Pork Au Jus Garlic Mashed Potatoes/margarine Buttered Corn French bread/margarine Fresh Fruit ALT: Chicken Cutlet	Corned Beef Roasted Red Potatoes and Carrots Brussel Sprouts Rye Bread/margarine Brownie w/ Irish Cream Frosting RCD: No frosting	Healthy Baked Fish Tartar Sauce Rice Pilaf Mixed Vegetables White Dinner Roll/margarine Sugar Cookie ALT: Chicken Breast Au Jus
20	21	22	23	24
Pulled BBQ Beed on White Bun Corn Chowder Soup Pickle Chips Creamy Coleslaw Banana Bar	Quarter Roasted Chicken Baby Red Potatoes/margarine Buttered Corn Wheat dinner Roll/margarine Apple Pie RCD: Apple Slices	Tator Tot Hot dish Broccoli & Cauliflower Breadstick/margarine Fresh Fruit Spice Bar	Swedish Meatballs over Egg Noodles Mixed Vegetables Diced Peaches Butterscotch Pudding/topping RCD: No topping	Baked Pollock Tartar Sauce Pkt. Scalloped Potatoes Steamed Broccoli Multi Grain Bread/margarine Frosted Yellow Caked ALT: Sliced Roast Turkey RCD: No frosting
27	28	29	30	31
Chicken Strips w Ranch Dressing Pkt. Macaroni & Cheese Mixed Vegetables Chilled Pears Apple Cinnamon Cookie	Beef Meatloaf Baked Potato Sour Cream & margarine Steamed Carrots Dinner Roll/margarine Pineapple Tidbits Fare For All/ Ham Bingo	Beef Pot Roast Mashed Potatoes Gravy Green Peas Dinner Roll/margarine Yellow Cake w/Frosting RCD: No frosting	Turkey & Swiss Burger on whole wheat bun Potato Wedges w ketchup packet Stewed Tomatoes Peaches Double Berry Muffing	Lemon Pepper Tilapia Herb Flavored Couscous Mixed Vegetables Fresh Fruit Tapioca Pudding ALT: Lemon Herb Chicken Breast

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 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 of MN go to www.voamn.org