

612-869-6662

Call 3 weekdays in advance

Between 10:30am-12:00pm

\$4 per meal for 60+/Coffee .25

Fall Boutique's Market
 Saturday Oct 28
 8:30AM - 3:00PM
 Richfield Community Center

October 1, 2017

Senior Dining Menu

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
2nd Chicken Strips w/ Honey Mustard Macaroni & Cheese Mixed Vegetables Chilled Peas Apple Cinnamon Cookie SR-Omit Honey Mustard	3rd Beef Meatloaf with Glaze Baked Potato Sour Cream & Margarine Steamed Carrots Dinner Roll/Butter Pineapple Tidbits Chocolate Brownie	4th Spaghetti & Beef Meatballs Garlic Breadstick & Butter Italian Vegetables Mandarin Oranges Cheesecake Square	5th Lemon Pepper Tilapia Alt: Lemon Herb Chicken Breast Tartar Sauce Steamed Rice Mixed Vegetables Fresh Fruit Tapioca Pudding <i>Blood Pressure 11AM-12PM</i>	6th Chicken Noodle Casserole Green Beans Tropical Fruit Sliced French Bread/Butter Oatmeal Cookie
9th Cheeseburger on Whole Wheat Bun Tator Tots Ketchup & Mustard/ Pickles Vegetable Blend Cherry Tart w/ Topping RCD - No Topping	10th Beef Chili with Beans Butternut Squash Corn Bread/Butter Applesauce Iced Pumpkin bar RCD - No Icing <i>BINGO</i> <i>sponsored by Grandma's 12:30PM-1:30PM</i>	11th Chicken Stir Fry Jeweled Rice Vegetable Mini Egg Roll w/ SS Sauce Mandarin Oranges Sugar Cookie <i>12:30PM-2:30PM</i> <i>The Zookeepers wife</i>	12th Baked Pollock Alt: Sliced Roast Turkey Tartar Sauce Scalloped Potatoes Steamed Broccoli Multigrain Bread/Butter Frosted Yellow Cake RCD: NO Frosting	13th Roast Pork Au Jus Or Alt: Salisbury Steak Mashed Sweet Potatoes Mixed Vegetables WW Bread/Butter Apple Pie RCD - Apple Slices
16th Beef Tater Tot Casserole Green Peas Diced Peaches Rye Bread/Butter Brownie	17th Sloppy Joes on a Bun Vegetarian baked beans Potato Wedges, Ketchup Fresh Fruit	18th Chicken & Wild Rice Casserole Normandy Blend Veggies Eastside Tropical Fruit White Roll/Butter Neighbor's Pottee Chip Cookie <i>Service 5PM-6:30PM</i> <i>12:30-1:30</i> <i>each card</i>	19th Beef Stew Buttermilk Biscuit Creamy Colelaw Warm Cinnamon Apple Slices Raspberry Fluff	20th Chicken Cordon Bleu Made w/ turkey Ham Mini Potato Pancakes Peas & Carrots Multigrain Bread/Butter Chocolate Tart w Topping RCD: No Topping
23rd Chicken Parmesan Garlic Smashed Potatoes Green Beans French Bread/Butter Chocolate Chip Cake	24th Turkey Meatloaf/ Cranberry glaze Mashed Potatoes Broccoli Florets Fresh Fruit Vanilla Pudding Wheat Bread/Butter <i>1PM</i> <i>1:30</i> <i>3PM</i> <i>FARE FOR ALL</i>	25th Beef pot roast Mashed Potatoes Gravy Mixed Vegetables Dinner roll/Butter Confetti cake w frosting RCD: NO FROSTING <i>Birthday for month</i>	26th Swiss Steak & Tomatoes Au gratin Potatoes Vegetable Blend Multi-Grain Bread/Butter Lemon Bar	27th OCTOBER FEST Cabbage Roll w Beef Stewed Tomatoes Mashed Potatoes Applesauce Cup Pull Apart Roll/butter Chocolate Cupcake w Frosting RCD: NO FROSTING
30th Beef Meatballs in Gravy Mashed Potatoes Mixed Vegetables Multigrain Bread/Butter Peach Slices	31st BBQ Beef Riblet Whole Grain Roll Pickle Chips Mixed Vegetables Fresh Fruit Chocolate Cake w Orange frosting RCD: No Frosting			

1% milk and butter are served with each meal. SR=salt restricted, RCD=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, religion, or national origin. 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 Minnesota go to www.voamn.org