



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Cheese burger on Bun Ketchup Packet (2) Potato Wedges Fresh Fruit Chocolate Chip Cookie	Chef Salad Romain lettuce Turkey & Turkey Ham Tomato, Cukes, Cheese Ranch Dressing French Bread/marg. Fresh Cantaloupe Lemon Strudel Bites	Beef Goulash Green Peas Fresh Orange Dinner Roll/marg. Chocolate Cake w Frosting RCD: NO FROSTING	Chicken Fajitas Tortilla Pinto Beans w Garlic Salsa Sour Cream Packet Grapes Rice Pudding
7	8	9	10	11
Chicken Strips w Honey Mustard Packet Macaroni & Cheese Mixed Vegetables Chilled Pears Wheat Bread/marg. Apple Cinnamon Cookie	Meatballs in Gravy Mashed Potatoes Peach Slices Multigrain Bread/marg. Cherry Streusel Bites	COLD MEAL Turkey Cranberry Pasta Salad 3 Bean Salad Fruit Cocktail White Dinner Roll/marg. Blonde Brownie	Country Fried Steak with Gravy Mashed Potatoes Italian Vegetable Blend Pull Apart Roll/marg. Chocolate Cupcake w frosting RCD: NO FROSTING	Sloppy Joe on Bun Mixed Vegetables Fruit Cup Potato Chips M & M Cookie
14	15	16	17	18
Roast Turkey & Gravy Mashed Potatoes Glazed Carrots Rye Bread/marg. Spice Cake w Frosting RCD: NO FROSTING	Chicken Alfredo over Rotini Pasta Green Beans Tropical Fruit French Bread/marg. Oatmeal Cookie	Ham Steak Honey Mustard Packet Smashed Potatoes Scandinavian Vegetables Dinner Roll/marg. Fresh Fruit ALT: Chicken Breast	BBQ Beef Riblet Whole Grain Roll Oven Fries Ketchup Packet Coleslaw Fresh Fruit	Grilled Salmon Dill Cream Sauce Herbed Couscous Chuckwagon Corn Fresh Fruit Sugar Cookie ALT: Grilled Chicken
21	22	23	24	25
Turkey & Swiss Burger Whole Grain Bun Ketchup/Mustard Packets Tater Tots Green Beans Fruited Gelatin	Chicken Stir Fry Jeweled Rice Vegetable Mini Egg Roll Soy Sauce Packet Mandarin Oranges Fortune Cookie	Chicken Kiev Breast White Rice Bermuda Blend Vegetables Banana Nut Muffin/marg. Fresh Fruit	STATE FAIR DAY Beef Hot Dog on Bun Ketchup/Mustard Packet Potato Wedges w Ketchup Packet Coleslaw Watermelon Cubes	COLD MEAL Tuan Pasta Salad Marinated 3 Bean Salad Fruit Cocktail Wheat Dinner Roll/marg. Strawberry Cream Strudel Bites ALT: CHICKEN PASTA
28	29	30	31	September 1
Crispy Breaded Cod on Bun Tartar Sauce Packet Peas & Carrots Potato Salad Banana Bar ALT: Chicken Patty	BREAKFAST PLATTER Cheese Omelet Turkey Sausage Breakfast Potatoes Diced Peaches Juice Cup Blueberry Muffin/marg.	Beef Pot Roast Mashed Potato's & Gravy Green Peas Dinner Roll/marg. Angel Food Cake w strawberries & whipped cream RCD: Plain Cake	Chicken & Cheese Enchiladas (2) Spanish Rice Broccoli Churro Pineapple	SITES CLOSED BAG LUNCH Chicken Salad Croissant Caesar Pasta Salad Fruit Cup Banana Bar

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