

# VOLUNTEERS OF AMERICA – Senior Nutrition Services –September, 2010 Dining

Location: \_\_\_\_\_ Phone: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Baked Ham W/ Fruit Sauce Mashed Potatoes Spinach & Onions Rye Bread Diced Pineapple  SR: Turkey W/ Fruit Sauce	Chicken Spiral Pasta Salad W/Craisins Peach Half 3 Bean Salad Blueberry Muffin Mint Brownie  RCD: Oatmeal Cookie	Stuffed Veal Cutlet W/ Mushroom Gravy OR Pepper Steak W/Mushroom Gravy Mashed Potatoes Summer Harvest Lettuce Salad Wheat Bread Donut  SR: Gravy
Labor Day 6	7	8	9	10
Closed Bags & Frozen Meals Available	Meatballs W/ Creole Sauce White Rice Oriental Blend Vegetables Bread Stick Mandarin Oranges Peach Crisp  RCD: Oatmeal Cookies	Lasagna Rollups W/ Marinara & Mozzarella Cheese Sauce Country Blend Vegetables Apple Slices French Bread Cherry Strudel Stick  SR: Marinara Sauce	Ginger Pork Loins W/ Gravy Mashed Potatoes Hot Sweet & Sour Cabbage Whole Wheat Dinner Roll Chocolate Pudding  SR: Sliced Turkey W/ SR Gravy RCD: Chocolate Pudding	Sloppy Joe On Bun Jo Jo Potatoes Tossed Salad W/ Ranch Dressing Frosted Sweet Potato Bar  SR: Jo Jo Potatoes RCD: Unfrosted Bar
13	14	15	16	17
Tator Tot Casserole Diced Beets 9 Grain Bread Butterscotch Swirl Pudding  SR: Tator Tot Casserole RCD Swirl	Creamy Wild Rice Soup W/ Diced Carrots Ham Sandwich On Wheat Bun Coleslaw Banana  SR: Soup SR: Turkey Sandwich W/ Mayo	Salisbury Steak W/ Onion Gravy Mashed Potatoes Peas Wheat Bread Lemon Meringue Pie  SR: Onion Gravy RCD: Peanut Butter Cookie	Seasoned Baked Chicken Mashed Potatoes Apple Almond Stuffing Green Beans Chocolate Cake W/ Chocolate Frosting  RCD: Unfrosted Cake	Chicken Florentine Over Penne Pasta Garden Salad Italian Dressing French Bread Tapioca Pudding  SR: Florentine W/ Noodles RCD: Vanilla Pudding
20	21	22	23	24
Italian Turkey Meatloaf W/Sauce Mashed Potatoes Italian Vegetables 9 Grain Bread Harvest Bar  SR: Sauce RCD: Unfrosted Bar	Ham & Scalloped Potatoes W/ Peppers & Onions Cauliflower & Peas Rye Bread Pumpkin Pie  SR: Turkey & Scalloped Potatoes	Tuna Pasta Salad W/ Veggies OR Chicken Pasta Salad Peach Half Wheat Dinner Roll Mixed Fruit  SR: Gravy RCD: Unfrosted Cake	Beef Vegetable Chow Mein W/ Brown Rice Pineapple Tidbits Almond Cookie  SR: No Soy Sauce RCD: Lorna Doones	Sliced Turkey W/ Gravy Wild Rice Blend Diced Squash Peach Half Cranberry Apple Crisp  SR: Gravy RCD: Angel Food Cake
27	28	Birthday Celebration 29	30	
Swiss Steak W/ Tomato Sauce Au Gratin Potatoes Glazed Carrots Wheat Bread Gingerbread W/ Lemon Sauce  SR: Au Gratin Potatoes & Tomato Sauce RCD: No Lemon Sauce	Turkey Ala King W/ Veggies Diced Beets Biscuit Lemon Cookie  RCD: Ranger Cookie	Beef Pot Roast Mashed Potatoes W/ Gravy Rutabagas Multi Grain Bread Carrot Cake W/ Cream Cheese Frosting  SR: Gravy RCD: Unfrosted Cake	Healthy Baked Fish W/ Lemon Juice OR Chicken Patty W/ Honey Mustard Baked Potato W/ Margarine Broccoli Wheat Bread Cherry Gelatin  RCD: Cherry Gelatin	

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](http://www.voamn.org).