



SENIOR NUTRITION SERVICES

DINING LOCATION__7151 York Ave - Edina__ **PHONE**_952.893.1449_

SENIOR DINING MENU –SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Chicken Parmesan OR: Plain Chicken Breast Garlic Mashed Potatoes w Margarine Green Beans French Bread/ margarine Chocolate Chip Cookie	Lemon Pepper Tilapia OR: Lemon Herb Chicken Breast Tartar Sauce Wild Rice Pilaf Mixed Vegetables Fresh Fruit Tapioca Pudding
5 – Labor Day	6	7	8	9
Site Closed BAG lunch available Turkey Sandwich Potato Salad Chips Fruit Cup Cookie	Seasoned Chicken Summer Corn & Black Bean Salad Soft Tortillas Chilled Pears Ambrosia Fruit Salad	Georgia Pork Loin with Peach Chutney OR: Chicken Breast with Peach Chutney Roasted Potatoes Two Tone Beans Garlic Cheddar Biscuit/Margarine Key Lime Tart	Spaghetti and Meatballs Italian Vegetables Chilled Pears Garlic Breadstick/ margarine Cheesecake Square	Chicken Salad Romaine Lettuce Cherry Tomatoes Dinner Roll/margarine Fresh Fruit Lemon Bar
12	13	14	15	16
Chicken Stir Fry Jeweled Rice Vegetable Mini Egg Roll Soy Sauce Packet Mandarin Oranges Sugar Cookie SR: No soy sauce	Sloppy Joe on Bun Potato Wedges Ketchup Packet Creamy Coleslaw Fresh Fruit	Beef Lasagna Summer Squash with Tomato & Basil Garlic Breadstick/ margarine Fresh Fruit Raspberry Fluff	Chicken Cheddar Pasta Salad Sliced Beets Whole Wheat Bread/ margarine Tropical Fruit Chocolate Chip Cookie	Turkey Meatloaf with Cranberry Glaze Mashed Sweet Potatoes Peas & Carrots Multi Grain Bread/ margarine Chocolate tart with topping RCD: No topping
19	20	21	22	23
BBQ Beef Riblet on whole grain bun Oven Fries Ketchup packet Chuckwagon Corn Fresh Fruit	Baked Penne with Meat Sauce Steamed Broccoli Garlic Breadstick/ margarine Fresh Fruit Vanilla Pudding	Roast Turkey & Gravy Mashed Potatoes Glazed Carrots Rye Bread/margarine Pumpkin Bar with Cream Cheese Frosting RCD: No Frosting	Chicken Bruschetta Bake Lemon & Garlic Green Beans Apricot Halves Italian Bread/ margarine Butterscotch Chip Cookie	Country Fried Steak with Gravy Mashed Potatoes Italian Vegetable Blend Pull Apart Roll/ margarine Chocolate Cupcake
26	27	Birth Day -28	29	30
Meatballs in Gravy Mashed Potatoes Mixed Vegetables Multi Grain Bread/ margarine Peach Slices Cherry Streusel Bites	Chicken Primavera Fettuccini Pasta Green Beans French Bread/ margarine Tropical Fruit Oatmeal Cookie	Beef Pot Roast Mashed Potatoes & Gravy Carrot Coins Dinner Roll/marg. Pumpkin Bar w/Cream Cheese Frosting RDC: No Frosting	Breakfast Scramble with Turkey Sausage, Peppers and Onions Breakfast Potatoes Juice Cup Fresh Fruit Blueberry Muffin/ margarine	Grilled Salmon Sandwich with Spring Greens & Tartar Sauce OR: Chicken Breast Hoagie Roll Creamy Coleslaw Banana Fruited Gelatin

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