

**SENIOR NUTRITION SERVICES**

 DINING LOCATION 7151 York Ave - Edina PHONE 952.893.1448
**SENIOR DINING MENU –JULY 2016**

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
|   |  |   |   | July 1 – <b>July 4<sup>th</sup> Meal</b>   |
|   |  |   |   | All Beef Hot Dog on bun<br>Ketchup/mustard pkts<br>Tator Tots<br>Baked Beans<br>Watermelon   |
| <b>July 4 Sites Closed</b>  | July 5   | July 6  | July 7  | July 8   |
| Bag Lunch<br>Chicken Salad on Kaiser Roll<br>Fresh Fruit Cup<br>Crunchy Cabbage Salad<br>Iced Cookie                      | Chicken Primavera over Fettuccini Pasta<br>Green Beans<br>French Bread w/margarine<br>Tropical Fruit<br>Oatmeal Cookie                               | Breaded Pork Cutlet w/Creamy mustard sauce<br>Steamed Brown Rice<br>Marinated Cucumber Salad<br>Fresh Fruit<br>Oreo Cookies<br><br><b>Alt: Chicken Cutlet w/sauce</b>                             | Turkey Breakfast Scramble<br>Breakfast Potatoes<br>Blueberry Muffin<br>Fresh Fruit<br>Juice Cup   | Grilled Salmon on Hoagie Roll with<br>Spring greens<br>Tartar sauce<br>Steamed Broccoli<br>Banana<br>Fruit Gelatin<br><br><b>Alt: Chicken Breast</b> |
| July 11   | July 12  | July 13   | July 14   | July 15  |
| Turkey & Swiss Burger<br>Whole Grain Bun<br>Tator Tots w/ketchup<br>Green Beans<br>Chocolate Pudding                      | Quarter Roasted Chicken<br>Buttered Corn<br>Baby Red Potatoes/w margarine<br>Dinner Roll/w margarine<br>Apple Pie<br><br><b>RCD: Sliced Apples</b>   | Baked Pollock<br>Tartar Sauce<br>Scalloped Potatoes<br>Steamed Broccoli<br>Dinner Roll/w margarine<br>Frosted Yellow Cake<br><br><b>ALT: Sliced Roast Turkey</b><br><b>RCD: Plain Yellow Cake</b> | Salisbury Steak w/mushroom gravy<br>Mashed Potatoes<br>Steamed Carrots<br>French bread/margarine<br>Toffee Cookie   | Herb Chicken Caesar Salad<br>Fresh Fruit<br>Dinner roll w/margarine<br>Iced Lemon Cake<br><br><b>RCD: Plain Yellow Cake</b>                          |
| July 18   | July 19  | July 20   | July 21   | July 22  |
| Chicken Strips<br>Macaroni & Cheese<br>Mixed Veggies<br>Chilled Pears<br>Wheat Bread w/margarine<br>Apple Cinnamon Cookie | Beef Meatloaf<br>Baked Potato<br>Sour Cream & Margarine<br>Pineapple Tidbits<br>Dinner roll w/margarine<br>Chocolate Brownie                         | Chicken Parmesan<br>Garlic Mashed Potatoes<br>Green Beans<br>French Bread w/margarine<br>Chocolate Chip Cookie  | Lemon Pepper Tilapia<br>Tartar Sauce<br>Roasted Red Potatoes<br>Mixed Veggies<br>Fresh Fruit<br>Potato Roll w/margarine<br>Tapioca Pudding<br><br><b>ALT: Lemon Herb Chicken Breast</b> | Chicken Stir Fry<br>Jeweled Rice<br>Mini Vegetable Egg Roll<br>Mandarin Oranges<br>Sugar Cookie  |
| July 25   | July 26 <b>COLD MEAL</b>   | <b>Birthday Day Meal</b><br>July 27   | July 28   | July 29  |
| Colby Cheese Omelet<br>Turkey Sausage Links<br>Breakfast Potatoes<br>Muffin w/margarine<br>Chilled Peaches<br>Juice Cup   | Summer Shrimp Salad<br>Romaine Lettuce<br>Grape Tomatoes<br>Soft Pita Bread w/margarine<br>Fresh Fruit<br>Lemon Bar<br><br><b>ALT: Chicken Salad</b> | Beef Pot Roast<br>Mashed Potatoes & Gravy<br>Carrot Coins<br>Dinner Roll/margarine<br>Pumpkin Bar w/Cream<br>Cheese Frosting<br><br><b>RCD: Plain Pumpkin Bar</b>                                 | Spaghetti & Beef Meatballs<br>Italian Veggies<br>Mandarin Oranges<br>Garlic Bread Stick w/margarine<br>Cheesecake Square  | Seasoned Chicken<br>Pinto Beans<br>Soft Taco Shells<br>Chilled Pears<br>Ambrosia Fruit Salad   |

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 audiotope. For TDD, contact Minnesota Relay Service at 1-800-627-3529.