



**DINING LOCATION**\_\_7151 York Ave - Edina\_\_\_\_ **PHONE**\_952.893.1448\_\_

**JANUARY 2017 MENU**

| <b>MONDAY</b>  | <b>TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
|--|---|--|---|--|
| <b>2</b>   | <b>3</b>  | <b>4</b>   | <b>5</b>  | <b>6</b>   |
| <b>SITES CLOSED<br/>BAG LUNCH</b><br><br>Chicken Salad on<br>Kaiser Roll<br>Potato Chips<br>Diced Pears<br>Snicker Doodle Cookie | Beef Meatloaf with Glaze<br>Baked Potato<br>Sour Cream & Margarine<br>Steamed Carrots<br>Pineapple Tidbits<br>Dinner Roll/ Margarine<br>Chocolate Brownie | Chicken Parmesan<br>Garlic Mashed<br>Potatoes/Margarine<br>Green Beans<br>French Bread/Margarine<br>Chocolate Chip Cake                  | Lemon Pepper Tilapia<br>Tartar Sauce<br>Steamed Rice<br>Mixed Vegetables<br>Fresh Fruit<br>Tapioca Pudding<br><br>ALT: Lemon Herbed<br>Chicken Breast | Chicken & Wild Rice<br>Casserole<br>Normandy Blend Veggies<br>Tropical Fruit<br>White Roll/Margarine<br>Toffee Chip Cookie                                       |
| <b>9</b>   | <b>10</b>   | <b>11</b>  | <b>12</b>   | <b>13</b>  |
| Colby Cheese Omelet<br>Turkey Sausage Links<br>Breakfast Potatoes<br>Juice Cup<br>Muffin/Margarine<br>Chilled Peaches            | Beef Chili with Beans<br>Mashed Butternut Squash<br>Applesauce<br>Corn Bread/Margarine<br>Iced Pumpkin Bar<br><br>RCD: No Icing                           | Chicken Stir Fry<br>Jeweled Rice<br>Vegetable Mini Egg Roll<br>Plum Sauce<br>Mandarin Oranges<br>Sugar Cookie                            | Spaghetti & Meatballs<br>Italian Vegetables<br>Diced Pears<br>Garlic Breadstick/<br>Margarine<br>Cheesecake Square                                    | Roast Pork Au Jus<br>Mashed Sweet Potatoes<br>Mixed Vegetables<br>Whole Wheat Bread /<br>Margarine<br>Apple Pie<br><br>ALT: Salisbury Steak<br>RCD: Apple Slices |
| <b>16</b>  | <b>17</b>   | <b>18</b>  | <b>19</b>   | <b>20</b>  |
| <b>SITES CLOSED<br/>BAG LUNCH</b><br><br>Cold Cut Sub Sandwich<br>Mayo Packet<br>Potato Salad<br>Diced Peaches<br>Brownie        | Turkey Sloppy Joes on a<br>bun<br>Vegetarian Baked Beans<br>Potato wedges/Ketchup<br>Fresh Fruit  | Beef Lasagna<br>Italian Blend Veggies<br>Fresh Fruit<br>Garlic Breadstick/Margarine<br>Cherry Gelatin                                    | Beef Stew<br>Warm Cinnamon Apple<br>Slices<br>Creamy Coleslaw<br>Warm Buttermilk<br>Biscuit/Margarine<br>Raspberry Fluff                              | Chicken Cordon Bleu<br>Wild Rice Pilaf<br>Peas & Carrots<br>Multigrain Bread/<br>Margarine<br>Chocolate Tart/ Topping<br><br>ALT: No Ham<br>RCD: No Topping      |
| <b>23</b>  | <b>24</b>   | <b>25</b>  | <b>26</b>   | <b>27</b>  |
| Chicken Noodle<br>Casserole<br>Green Beans<br>Tropical Fruit<br>French Bread/ Margarine<br>Oatmeal Cookie                        | Turkey Meatloaf /<br>Cranberry Glaze<br>Mashed Potatoes/<br>Margarine<br>Broccoli Florets<br>White Bread/Margarine<br>Fresh Fruit<br>Vanilla Pudding      | Beef Pot Roast<br>Mashed Potatoes & Gravy<br>Mixed Vegetables<br>Dinner Roll/Margarine<br>Confetti Cake/Frosting<br><br>RCD: No Frosting | Swiss Steak & Tomatoes<br>Au gratin Potatoes<br>Vegetable Blend<br>Multi-grain<br>Bread/Margarine<br>Lemon Bar  | Country Fried Steak with<br>Gravy<br>Mashed Potatoes<br>Carrot Coins<br>Pull Apart Roll/Margarine<br>Chocolate Cupcake   |
| <b>30</b>  | <b>31</b>   |  |   |  |
| Beef Meatballs in Gravy<br>Mashed Potatoes<br>Mixed Vegetables<br>Multigrain Bread/<br>Margarine<br>Peach Slices                 | BBQ Beef Riblet on<br>Whole Grain Roll<br>Pickles<br>Oven Fries/Ketchup<br>Mixed Vegetables<br>Fresh Fruit<br>Cherry Streusel Bites                       |  |   |  |

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.