



LOCATION: 7151 York Ave - Edina PHONE 952.893.1440

SENIOR DINING MENU - NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Baked Penne with Turkey meat sauce Steamed Broccoli Fresh Fruit Garlic Breadstick w/margarine Vanilla Pudding	Baked Chicken Mashed Potatoes and gravy Glazed Carrots Rye Bread w/margarine Pumpkin Bar w/ Cream Cheese Frosting RCD: Unfrosted Bar	Swiss Steak and Tomatoes Au Gratin Potatoes Diced Squash Multi Grain Bread w/margarine Lemon Bar	Country Fried Steak w/gravy Mashed Potatoes Italian vegetable Blend Pull Apart Roll w/margarine Chocolate Cupcake
7	8	9	10	11
Beef Meatballs in Gravy Mashed Potatoes Mixed Vegetables Multi Grain Bread w/margarine Cherry Streusel Bites	Lasagna Green Beans Sliced French Bread w/margarine Tropical Fruit Oatmeal Cookie	Breaded Pork Cutlet with Creamy Mustard Sauce OR: Chicken Cutlet /no sauce Peas and Carrots Steamed Brown Rice Fresh Fruit Oreo Cookies	Breakfast Scramble with Peppers, Onions and Turkey sausage Breakfast Potatoes Juice Cup Blueberry Muffin/margarine Fresh Fruit	Salisbury Steak with Mushroom Gravy Mashed Potatoes Steamed Carrots French Bread/margarine Toffee Cookie
14	Thanksgiving Meal 15	16	17	18
Pulled BBQ Beef White bun Corn Chowder Coleslaw Banana Bar	Roast Turkey with Gravy Stuffing Mashed Potatoes Buttered Corn Dinner roll/margarine Pumpkin Pie w/topping RCD: No topping	Baked Pollock/Tartar Sauce OR: Sliced Roast Turkey Scalloped Potatoes Steamed Broccoli Multi Grain Bread w/margarine Frosted Yellow Cake RCD: Unfrosted cake	Swedish Meatballs Egg Noodles Mixed Vegetables Dinner Roll w/margarine Diced Pears Butterscotch Pudding	Cheeseburger on a Whole Wheat Bun Tator Tots w/ketchup Vegetable Blend Cherry Tart w/topping RCD: No topping
21	22	23	24	25
Chicken Strips with honey mustard Macaroni & Cheese Mixed Vegetables Wheat Bread/w margarine Chilled Pears Apple Cinnamon Cookie SR: Omit honey mustard	Beef meatloaf Baked Potato Sour Cream & margarine Pineapple tidbits Dinner roll w/margarine Chocolate Brownie	Chicken Parmesan OR: SR Plain Chicken Breast Garlic Mashed Potatoes Green Beans French Bread w/margarine Chocolate Chip Cake	SITE CLOSED BAG LUNCH Chicken Salad Whole Wheat Bun Applesauce Fresh Orange Cookie	SITE CLOSED BAG LUNCH Cold Cut Sub Sandwich Mustard Packet Marinated Veggies Diced Pears Bar
28	29	Birthday Meal 30		
Colby Cheese Omelet Turkey Sausage Breakfast Potatoes Juice Cup Muffin Chilled Peaches	Beef Chili with beans Mashed Butternut Squash Applesauce Corn Bread/w margarine Pumpkin Bar	Beef Pot Roast Mashed Potatoes and Gravy Carrot Coins Dinner roll w/margarine Chocolate Cake w/ Vanilla Frosting RCD: Unfrosted cake		

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.