Volunteers of America®
MINNESOTA

Senior Nutrition Services

December 2013 Menu

Dining Location *7151 York Ave-Edina* **Phone** *952.893.1448*

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
SWEET & SOUR MEATBALLS BROWN RICE TWO TONE BEANS MANDARIN ORANGES SUGAR COOKIE	CHICKEN BREAST w/TARRAGON CREAM ROASTED RED POTATOES w/MARG FOUR WAY VEGGIE BLEND FRENCH BREAD w/MARG CHERRY GELATIN	BEEF CHILI w/BEANS TATOR TOTS KETCHUP PACKET CORNBREAD MUFFIN w/MARG TROPICAL FRUIT	HERB ROASTED QUARTER CHICKEN BRUSSEL SPROUTS HERB ROASTED POTATOES POTATO DINNER ROLL w/MARG BLUEBERRY TART w/TOPPING RCD: NO TOPPING	BREADED PORK CUTLET w/DIJON MUSTARD SAUCE or ALT: CHICKEN CUTLET MASHED SWEET POTATOES w/MARG. NORMANDY BLEND VEGGIES WW BREAD w/MARG FRESH MELON
9	**HOLIDAY MEAL 10**	**11**	**12**	**13**
CHICKEN FAJITAS w/ONIONS, PEPPERS, SALSA FLOUR TORTILLA SPANISH RICE PINEAPPLE CHUNKS CHURROS	BEEF POT ROAST w/GRAVY MASHED POTATOES CHEF'S CHOICE VEGGIE PULL APART ROLL w/MARG RED VELVET CAKE RCD: UNFROSTED RED VELVET CAKE	TURKEY MEATLOAF w/CRANBERRY GLAZE AU GRATIN POTATOES MIXED VEGGIES WW BREAD w/MARG BANANA PUDDING	HEALTHY BAKED FISH w/TARTAR SAUCE or SR: BREADED CHICKEN BREAST RICE PILAF GREEN PEAS FRESH MELON BROWNIE	FOLDED WESTERN OMELET or SR: VEGETARIAN OMELET HERBED BREAKFAST POTATOES FRUIT JUICE MULTI GRAIN BREAD w/MARG DONUT HOLES
16	**17**	**BIRTHDAY MEAL 18**	**19**	**20**
BBQ TURKEY ON BUN CREAMY COLESLAW CORN COBBETTE w/MARG DICED PEARS COOKIE	BONELESS PORK CHOP w/HONEY MUSTARD or ALT: CHICKEN BREAST ROASTED RED POTATOES w/MARG GREEN BEANS WW BREAD w/MARG PEACH COBBLER	BEEF POT ROAST w/GRAVY MASHED POTATOES STEAMED CARROTS MULT GRAIN ROLL w/MARG CONFETTI CAKE RCD: UNFROSTED CONFETTI CAKE	BAKED POTATO SOUP HAM & CHEESE ON A WHEAT BUN or SR: TURKEY & CHEESE ON BUN MUSTARD PACKET FRUIT COCKTAIL BANANA BAR	CHICKEN NOODLE CASSEROLE GREEN PEAS DICED PEACHES LIGHT RYE BREAD w/MARG M & M COOKIE
23	**24**	**CHRISTMAS 25**	**26**	**27**
ALL BEEF HOT DOG ON BUN KETCHUP PACKET POTATO SALAD VEGETARIAN BAKED BEANS FRESH MELON	CORN CHOWDER ROAST BEEF ON BUN MAYO PACKET APPLESAUCE COOKIE	DINING SITES CLOSED BAG LUNCH AVAILABLE CHICKEN SALAD ON ROLL POTATO SALAD ORANGE BROWNIE	SWISS STEAK w/STEWED TOMATOES MASHED POTATOES w/MARG BABY CARROTS BREADSTICK w/MARG CHOCOLATE PUDDING	COUNTRY FRIED STEAK w/GRAVY BROWN RICE PILAF CHEFS CHOICE VEGGIE APPLESAUCE TOFFEE COOKIE
30	**31**			
SOUTHWEST FIESTA CASSEROLE (CHICKEN, CHEESE, VEGGIES, SALSA) ----NOT SPICY--- FLOUR TORTILLAS CORN FRUIT DESSERT	TURKEY CHERRY PASTA SALAD FRESH VEGGIE DICED PEARS DINNER ROLL w/MARG BAR			

1% milk and margarine are served with each meal. SR = salt restricted, RC = restricted calorie and RCD = restricted calorie dessert. Your comments are welcome call 952-945-4157. 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.