



DINING LOCATION: 7151 York Ave - Edina
PHONE: 952.893.1448

JANUARY 2014 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		JAN 1	JAN 2	JAN 3
		Dining Sites Closed BAG LUNCH Cold Cut Hoagie Sandwich Sun Baked Chips Fruit Cup Butterscotch Pudding	Spaghetti & Meatballs With Marinara Sauce Normandy Blend Veg Focaccia Breadstick w/marg. Pineapple Chunks Banana Pudding	Cheeseburger on Whole Wheat Bun Oven Fries Creamy Coleslaw Pumpkin Bar
JAN 6	JAN 7	JAN 8	JAN 9	JAN 10
Chicken Fried Steak Country Gravy Mashed Potatoes Steamed Broccoli Potato Dinner Roll w/marg. Frosted Lemon Cake RCD - Unfrosted	Tuna Noodle Casserole Green Peas Mandarin Oranges French Bread w/marg. Streusel Bites Alt: Chix Noodle Casserole	Beef Meatloaf with Ketchup Glaze Au Gratin Potatoes Wheat Pull-Apart w/marg. Steamed Carrot Coins Diced Pears SR-Mashed Potatoes	Roast Sliced Pork w Apple Rhubarb Glaze Mashed Potato/Gravy Squash Dinner Roll w/marg. Chocolate Tart w/ Topping SR - Sliced Turkey RCD - No Topping	Lemon Pepper Tilapia Wild Rice Pilaf Normandy Blend Veg Applesauce Chocolate Chip Bar White Pull-Apart w/marg. ALT: Breaded Chicken Patty
JAN 13	JAN 14	JAN 15	JAN 16	JAN 17
Chicken Strips BBQ PC Mac & Cheese Zucchini Melon M & M Cookie WW Bread w/marg.	Beef Stew with Vegetables Breadstick w/marg. Diced Pears Tapioca Pudding	Healthy Baked Fish w/Tartar Sauce Rice Pilaf Green Peas Cinnamon Apple Slices Cherry Gelatin SR: Herb Chicken Breast	Chicken Parmesan Garlic Mashed Potatoes Green Beans French Bread w/marg. Butterscotch Pudding	Breakfast Scramble (Sausage, Peppers, Onions, Cheese) Herbed Breakfast Potatoes Wheat Bread w/marg. Orange SR: Turkey Sausage
JAN 20 MLK DAY	JAN 21	JAN 22	JAN 23	JAN 24
Dining Sites Closed BAG LUNCH Roast Beef on Bun Mustard Packet Sun Chips Orange Chocolate Chip Cookie	BBQ Turkey on Bun Tri Tators Marinated Vegetables Peach Shortcake RCD: Sliced Peaches	Beef Lasagna Romaine Salad with Ranch Pineapple Chunks French Bread w/marg. Brownie	Salisbury Steak w/ Onion Gravy Mashed Potatoes Steamed Broccoli Applesauce Bar WW Bread w/marg.	Chicken Stir-fry Oriental Vegetables Jeweled Brown Rice Peach Slices Sugar Cookie
JAN 27	JAN 28	Birthdays Meal 29	JAN 30	Super Bowl 31
Turkey Vegetable Casserole Fruit Cocktail French Bread w/marg. Toffee Cookie	Sweet and Sour Meatballs Brown Rice Buttered Corn Fresh Fruit Cheesecake Bar	Beef Pot Roast Mashed Potatoes/Gravy Two Tone Beans Dinner Roll w/marg. Yellow Cake with Chocolate Frosting RCD-Unfrosted	White Chicken Chili Corn Bread w/marg. Steamed Beets Sliced Peaches Breadstick	All Beef Hot Dog On Bun Ketchup Packet Potato Salad Vegetarian Baked Beans Tropical Fruit

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