



DINING LOCATION_7151 YORK AVE - EDINA **PHONE**_952.893.1448

SENIOR DINING MENU – FEBRUARY 2015

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 2 ND | 3 RD | 4 TH | 5 TH | 6 TH |
| Chicken Tetrazzini Over Rotini Pasta Summer Squash with Tomatoes Diced Peaches Breadstick w/marg. Coconut Macaroon | Salisbury Steak w/ Onion Gravy Or ALT: Beef Liver Mashed Potatoes Steamed Broccoli WW Bread w/marg. Frosted Spice Cake RCD-Unfrosted Cake | Sausage & Chicken Gumbo Or ALT: Chicken Gumbo Steamed Brown Rice Mixed Vegetables Fresh Orange Key Lime Tart/ Topping | Roast Sliced Pork w/ Apple Rhubarb Glaze Or SR: Sliced Turkey Baby Red Potatoes Buttered Corn Dinner Roll/Marg Chocolate Tart/ Topping | Chicken Cordon Bleu w/Ham & Cheese Sauce Or SR: Mornay Chicken Breast Wild Rice Blend Green Beans Diced peaches Applesauce Bar |
| 9 TH | 10 TH | 11 TH | 12 TH VALENTINE'S DAY | 13 TH |
| Healthy Baked Fish w/Tartar Sauce Or ALT: Lemon Pepper Chix Breast Scalloped Potatoes Green Peas Multigrain Bread w/marg. Cherry Gelatin | Baked Penne Pasta w/ Meat Sauce Mixed Green Salad w/Ranch Dressing Fresh Fruit Breadstick w/marg. Vanilla Pudding | Country Fried Steak/Gravy Mashed Potatoes Green Beans Pull-A-Part Roll w/marg. Chocolate Cupcake | Herb Roasted Quartered Chicken Buttered Corn Roasted Yukon Potatoes Potato Dinner Roll/Marg Raspberry Fluff | Chicken Stir Fry Oriental Vegetables Brown Rice Mandarin Oranges Cookie |
| 16 TH PRESIDENT'S DAY | 17 TH | 18 TH ASH WEDNESDAY | 19 TH | 20 TH |
| Dining Sites Closed Bag Lunch Chicken Salad on a Kaiser Roll Marinated Vegetable Salad Fresh Fruit Toffee Chip Brownie | Tex Mex Beef Goulash Chuckwagon Corn Mixed Fruit Cornbread w/ marg. Cinnamon Churro | Grilled Salmon w/Pineapple Salsa Or ALT: Chicken Tenders Jeweled Brown Rice Ginger Carrots Fresh Orange Fortune Cookie | Corn Chowder (Hot) Roast Beef on Bun Mayo Packet Applesauce Cookie | Potato & Asparagus Frittata Fresh Banana Raisin Bran Muffin w/marg. Cherry Yogurt Cup |
| 23 RD | 24 TH | 25 TH BIRTHDAY MEAL | 26 TH | 27 TH |
| Chicken A la king over Biscuits Normandy Blend Veggies Diced Pears Butterscotch Pudding | Ham Steak with Apple & Rosemary Or ALT: Chicken Breast Steamed Red Potatoes w/marg. Buttered Peas Pumpnickel Roll w/marg. Chocolate Éclair | Pot Roast Mashed Potatoes/gravy Broccoli Dinner Roll w/marg. Red Velvet Cake RCD: Unfrosted Cake | Greek Roasted Chicken Breast Orzo Pilaf Florentine Glazed Carrots Raisins Pull Apart Roll w/marg. Apple Pie RCD: Apple Cookie | Seafood Fettuccine w/Shrimp, Crab, and Scallops Or ALT: Chicken Fettuccine Tuscan Veggies Tropical Fruit French Bread w/marg. Lemon 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. For more information about the services provided by Volunteers of America of MN go to www.voamn.org

