

VOLUNTEERS OF AMERICA – Senior Nutrition Services –June 2009 Senior Dining Location: 7151 York Ave., Edina
Phone: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	Anniversary Meal 4	5
Sliced Pork w/ Onion Gravy Mashed Potatoes w/ Gravy Succotash Multi-grain Bread Rosy Applesauce SR: Chicken Nuggets w/ Ranch Dressing	Tator Tot Casserole Creamy Coleslaw Nine Grain Bread Pumpkin Pie SR: Tator Tot Casserole RCD: Chocolate Pudding	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Diced Carrots White Bread Oatmeal Cookie SR: Gravy	Turkey Pasta Salad Pickled Beets Diced Peaches French Bread Chocolate Chip Cake w/ Chocolate Frosting RCD: Unfrosted Cake	BBQ Chicken Potato Salad Baked Beans Wheat Bread Mixed Fruit SR: Mixed Vegetables SR: No BBQ Sauce
8	9	10	11	12
Swedish Meatballs w/ Gravy OR Beef Patty w/ Gravy Mashed Potatoes Diced Beets Rye Bread Fresh Fruit SR: Gravy	Healthy Baked Fish w/ Lemon Juice OR Chicken Breast w/ Lemon Juice Scalloped Potatoes w/ Peppers & Onions Tossed Salad w/ Ranch Dressing Oatmeal Dinner Roll Vanilla Peaches	Tomato Florentine Soup Ham Sandwich on Bun Mustard Packet Three Bean Salad Apple Rhubarb Crisp SR: Soup SR: Turkey Sandwich w/ Mayo RCD: Apple Strudel Stick	Chicken Alfredo Corkscrew Noodles Broccoli Diced Pears Bread Stick Chocolate Pudding SR: Alfredo Sauce RCD: Chocolate Pudding	Polish Sausage on Bun Mustard Packet Jo Jo Potatoes Peas & Cheese Salad White Cake w/ Red & Blue Sprinkles SR: Chicken Patty on Bun Mayo Packet RCD: Unfrosted Cake
15	16	17	Father's Day Meal 18	Juneteenth Meal 19
County Fried Steak OR: Beef Patty w/ Gravy Mashed Potatoes w/ Country Gravy Winter Blend Vegetables Wheat Dinner Roll Cinnamon Apple Slices SR: Gravy	Beef Ravoili w/ Cheese & Marinara Sauce Two-Tone Beans Tossed Salad w/ Italian Dressing French Bread Lemon Poppyseed Cake SR: Marinara Sauce RCD: Unfrosted Cake	Chunky Turkey Divan w/ Broccoli Baby Red Potatoes w/ Margarine Multi-Grain Bread M & M Cookie RCD: Vanilla Wafer	Roast Beef w/ Gravy Mashed Potatoes w/ Gravy Corn Potato Dinner Roll Strawberry Crème Pie SR: Gravy RCD: Strawberry Cheesecake	Sliced Ham w/ Fruit Sauce Mashed Sweet Potatoes Spinach w/ Onions OR Turkey Chef Salad w/ French Dressing Biscuit Gingerbread w/ Lemon Sauce RCD: Plain Gingerbread
22	23	Birthday Meal 24	25	26
Beef Riblet w/ Onion Gravy OR Liver w/ Onion Gravy Mashed Potatoes Winter Blend Vegetables Nine Grain Bread Donut SR: Gravy	Pork Cutlet w/ Thyme Gravy OR Fish Wedge w/ Lemon Sauce Baby Red Potatoes Broccoli White Bread Molasses Cookie SR: Gravy RCD: Oatmeal Cookie	Herbed Baked Chicken Au Gratin Potatoes Diced Peas & Carrots Wheat Bread Yellow Cake w/ White Frosting SR: Au Gratin Potatoes RCD: Unfrosted Cake	Turkey Vegetable Pasta Salad OR Tuna Vegetables Salad Pineapple & Mandarin Oranges Rye Dinner Roll Strawberry Banana Salad RCD: Banana	Meatballs in Jardinière Sauce OR Chicken Drummies Garlic Mashed Potatoes County Blend Vegetables Nine Grain Bread Peach Craisin Crisp SR: Sauce RCD: Peaches
29	30			
Spaghetti & Meatballs w/ Marinara Sauce OR Hamburger Patty w/ Gravy Greens Beans Coleslaw Bread Stick Ranger Cookie RCD: Marinara Sauce	Herbed Turkey Meatloaf w/ Gravy Mashed Potatoes Corn & Peas Nine Grain Bread Peanut Butter Bar w/ Chocolate Frosting SR: Gravy RCD: Peanut Butter Cookie			

1% milk and margarine are served with each meal. Skim milk is available upon request. Other food options are as noted: SR = salt restricted, RC = restricted calorie and RCD = restricted calorie dessert. 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 or call 612-617-7842.

