

VOLUNTEERS OF AMERICA – Senior Nutrition Services –May 2009 Senior Dining

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Chicken Stroganoff Egg Noodles Peas Pineapple Coleslaw Multi-Grain Bread Chocolate Pudding w/ Topping SR: Chicken Stroganoff RCD: Pudding
4	5	6	Mother's Day Celebration 7	8
Tuscan Roast Pork w/ Gravy Garlic Mashed Potatoes Diced Squash Wheat Bread Snickerdoodle Cookie SR: Turkey w/ Gravy RCD: Oatmeal Cookie	Salisbury Steak w/ Gravy Baked Potato Broccoli Corn Bread Applesauce SR: Gravy	Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad w/ Italian Dressing Bread Stick Cherry Gelatin SR: Marinara Sauce RCD: Gelatin	Chilled Pasta w/ Chicken & Fruit Salad Melon Wedge Potato Dinner Roll Lemon Meringue Pie RCD: Confetti Angel Food Cake	Bratwurst on Bun Mustard Packet Steak Fries Carrot & Raisin Salad Donut SR: Hamburger on Bun w/ Ketchup Packet
11	Customer Appreciation 12	13	14	15
Sliced Ham w/ Fruit Sauce Mashed Sweet Potatoes Waxed Beans Multi-Grain Bread Peach Crisp SR: Sliced Turkey w/ Fruit Sauce RCD: Peaches	Special Meal	Baked Chicken w/ Tomato Basil Sauce Baby Red Potatoes Creamed Corn Wheat Dinner Roll Apricot Sauce SR: Tomato Basil Sauce	Swiss Steak w/ Mushroom Gravy Mashed Potatoes Capri Blend Vegetables Multi-Grain Bread Ranger Cookie SR: Mushroom Gravy	Chicken Chow Mein w/ Vegetables Chinese Noodles White Rice Mandarin Oranges Frosted Chocolate Brownie SR: No Soy Sauce RCD: Oreo Cookie
18	19	20	21	22
Meatloaf w/ Ketchup OR Sliced Turkey w/ Gravy Garlic Mashed Potato w/ Margarine Garden Blend Vegetables Multi-Grain Bread Mixed Fruit	Honey BBQ Chicken Drumsticks German Potato Salad Corn Rye Bread Boston Crème Pie SR: O'Brien Scalloped Potato RCD: Vanilla Pudding	Baked Fish w/ Lemon Juice Packet Baked Potato Back Porch Cabbage Slaw Nine Grain Bread Lemon Bar SR: Seasoned Chicken Breast RCD: Chocolate Pudding	Chicken Florentine Alfredo Mixed Vegetables Mandarin Oranges Bread Stick Banana Cake w/ Chocolate Frosting SR: Alfredo Sauce RCD: Unfrosted Cake	Country Fried Steak w/ Gravy OR Chicken Patty w/ Gravy Scalloped Potatoes Dilled Carrots Nine Grain Bread Oatmeal Cookie SR: Gravy
Memorial Day 25	26	Birthday Meal 27	28	29
CLOSED Frozen Meals & Bag Lunches Available	Sweet & Sour Chicken White Rice Oriental Blend Vegetables Pineapple Chunks Multi-Grain Bread Almond Cookie RCD: Ranger Cookie	Turkey Pasta Salad w/ Vegetables Pickled Beets Bread Stick White Confetti Cake w/ Amaretto Frosting RCD: Unfrosted Cake	Hamburger Goulash over Noodles Oregon Blend Vegetables Tossed Salad w/ Ranch Dressing Wheat Bread Strawberry Fluff SR: Goulash RCD: Gelatin	Chicken Lasagna Square Marinara Sauce Green Beans Apple Sliced Bread Stick M & M Cookie SR: Marinara Sauce 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.

