

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Swiss Steak W/Tomato Sauce Scalloped Potatoes Carrots Rye Dinner Roll Diced Peaches & Pears SR: Tomato Sauce	Stuffed Veal Cutlet W/Mushroom Gravy OR Chicken Breast W Gravy Mashed Potatoes Spinach W/ Onions Potato Dinner Roll Spiced Cake White Frosting SR: Mushroom Gravy RCD: Plain Cake	Barley Vegetable Soup Sliced Beef On Wheat Bun W/ Mustard Packets Mandarin Oranges Vanilla Pudding SR: Soup RCD: Vanilla Pudding	Italian Baked Chicken Garlic Mashed Potatoes W/Margarine Corn 9 Grain Bread Banana SR: Gravy	Country Fried Steak W/ Country Gravy OR Fish Wedges W/Lemon Juice Baked Potato W/Margarine Diced Squash Wheat bread Chocolate Chocolate Chip Cookie RCD: Oreo Cookie
8	9	10	11	12
Sliced Turkey W/ Gravy Mashed Potatoes Corn & Pimentos 9 Grain Bread Mint Brownie SR: Gravy RCD: Peanut Butter Cookie	Beef Macaroni Casserole Green Beans Apricots Whole Wheat Bread Apple Pie SR: Beef Macaroni Casserole RCD: Cinnamon Apple Slices	Jumbo Hotdog W/ Bun Baked Beans OR Veggie Burger W/ Bun Mixed Vegetables Jo Jo Potatoes W/Ketchup Packets Cherry Gelatin W/ Topping RCD: Cherry Gelatin	Chicken & Vegetable Chow Mein Soy Sauce Steamed White Rice Chow Mein Noodles Pineapple Almond Cookie SR: No Soy Sauce RCD: Ranger Cookie	Healthy Baked Fish W/ Tartar Sauce OR Chicken Breast W/ Garlic Sauce Au Gratin Potatoes Broccoli 9 Grain Bread Marble Cake W/ Chocolate Frosting SR: Au Gratin Potatoes RCD: Unfrosted Cake
15	16	St. Patty's Day 17	18	19
Pork Fritter W/ Country Gravy Mashed Potatoes W/ Country Gravy Capri Blend Vegetables Wheat Dinner Roll M & M Cookie SR: Beef Riblet W/ Au Jus RCD: Lorna Doone	Herbed Roasted chicken Garlic Mashed Potatoes Diced Beets Rye Bread Rosy Applesauce	Irish Stew W/ Beef, Potatoes, Veggie Diced Peaches Multi Grain Bread Shamrock Jello Cake W/ Topping SR: Irish Stew W/ Beef & Potatoes RCD: Irish Angel Food Cake (Green)	Meatball In Creole Sauce Brown Rice Winter Blend Vegetables Pear Slices Butterscotch Pudding SR: Creole Sauce RCD: Pudding	Macaroni & Cheese Mixed Vegetables Coleslaw Wheat Bread Cranberry Apple Crisp RCD: Apple Strudel Stick
22	23	24	25	26
Salisbury Steak W/ Onion Gravy OR Liver W/Onion Gravy Scalloped Potatoes W/Peppers Creamed Peas Wheat Bread Oatmeal Bar W/Chocolate Frosting RCD: Oatmeal Cookie	Spaghetti W/ Meatballs Marinara Sauce Italian Vegetables Mixed Fruit French Bread Tapioca Pudding SR: Marinara Sauce RCD: Vanilla Pudding	Beef Pot Roast Mashed Potatoes W/Gravy Peas & Carrots Multi Grain Bread Cinnamon Apple Slices SR: Gravy	Sliced Ham In Mustard Sauce Tri Tators Garden Blend Vegetables Wheat Bread Strawberry Banana Sauce SR: Chicken Breast In Mustard Sauce	Chicken Fettuccini OR Seafood Fettuccini Broccoli Cuts Diced Peas Wheat Bread Oatmeal Cookie SR: Chicken Fettuccini
29	Easter 30	Birthday Day 31		
Meatloaf W/ Ketchup OR Italian Turkey Meatloaf W/ Ketchup Baked Potato Corn Multi Grain Dinner Roll Applesauce	Turkey pasta Salad Three Bean Salad Pineapple Rings French Bread Strawberry Crème Pie RCD: Cheesecake	Chicken Breast W/ Gravy Mashed Potatoes W/Gravy Green Beans W/ Pimentos Wheat Dinner Roll Hawaiian Cake W/ Cream Cheese Frosting SR: Gravy RCD: Unfrosted Cake		

1% milk and margarine are served with each meal. Skim milk is available upon request. Some days there are two choices for the entrée, indicated by the word OR. Other food options are as noted: SR = salt restricted, RC = restricted calorie and RCD = restricted calorie dessert. Please state your selection when you make your reservation. If you have questions regarding meals or options, feel free to ask your Site Coordinator. Your comments are welcome call 612-617-7842. 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.