

**VOLUNTEERS OF AMERICA – Senior Nutrition Services –August, 2010 Dining Location:  
7151 York Ave., Edina - Phone: \_\_\_\_\_**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Chicken Fried Steak W/ Gravy Mashed Potatoes Mixed Vegetables Bread Stick Applesauce  SR: Gravy	Healthy Baked Fish W/ Tartar Sauce OR Beef Riblet W/ Jardinière Sauce Baby Red Potatoes W/Margarine Creamed Peas 9 Grain Bread Raisin Rice Pudding  RCD: Vanilla Pudding	Diced Ham In AuGratin Potatoes Cauliflower & Carrots Whole Wheat Bread Snicker doodle Cookie  SR: Diced Turkey in AuGratin Potatoes RCD: Oatmeal Cookie	Herbed Baked Chicken Baked Potato Back Porch Coleslaw 9 Grain Bread Fruit Cocktail	Polish Sausage On Bun & Mustard Packet German Potato Salad Corn & Pimentos Chocolate Pudding  SR: Chicken Patty On Bun & Mayo W/ Tri Tators RCD: Oreo Cookie
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Spaghetti W/ Meatballs Marinara Sauce Green Beans Apple Slices Bread Stick Chocolate Chocolate Chip Cake  SR: Marinara Sauce RCD: Cherry Strudel Stick	Salisbury Steak W/ Mushroom Gravy Mashed Potatoes W/ Gravy Broccoli 9 Grain Bread Lemon Poppy Seed Cake  SR: Turkey Au Jus RCD: Unfrosted Cake	Turkey Rotini Salad Pickled Beets Grapes Multi Grain Bread Homemade Shortbread Cookie  RCD: Ranger Cookie	Grilled Chicken Breast W/ Walnut & Garlic Sauce Mashed Potatoes W/ Margarine Spinach W/ Onions Rye Bread Apple Spice Cake W/ Glaze  RCD: Plain Spice Cake	Cabbage Beef Rice Casserole Mixed Vegetables Wheat Bread Gingerbread W/ Lemon Sauce  SR: Cabbage Beef Casserole RCD: Plain Gingerbread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Cheeseburger W/Bun & Ketchup Baked Beans Potato Salad Apple Pie  SR: Oregon Blend Veggies RCD: Cinnamon Applesauce	Turkey Chef Salad W/ Ranch Dressing Potato Dinner Roll OR Sloppy Joe On Bun (Tater Tots) Peaches & Pears Vanilla Butterscotch Pudding  RCD: Swirl	Sweet & Sour Meatballs Rice Diced Pineapple Oriental Blend Vegetables Multi Grain Bread Almond Cookie  RCD: Oatmeal Cookie	Chicken Parmesan Marinara Sauce Bow Tie Noodles Winter Blend Vegetables Tossed Salad W/Italian Dressing Bread Stick Mixed Fruit  SR: Marinara Sauce	Tuscan Roast Pork W/Gravy Stuffing Dilled Carrots Cinnamon Apple Slices Blonde Brownie  SR: Turkey W/ SR Gravy RCD: Unfrosted Bar
<b>23</b>	<b>24</b>	<b>Birthday Meal 25</b>	<b>State Fair Meal 26</b>	<b>27</b>
Swiss Steak W/ Diced Tomatoes Mashed Potatoes Diced Squash Wheat Bread Apricots  SR: Diced Tomatoes	Chilled Turkey Pineapple Pasta Salad Marinated Vegetables Cantaloupe French Bread Lemon Bar  RCD: Shortbread	Beef Pot Roast Mashed Potatoes W/Gravy Peas & Carrots Multi Grain Bread White Cake W/Diced Peach Cream Cheese Frosting  SR: Gravy RCD: Unfrosted Cake	Jumbo Hot Dog W/ Bun & Ketchup Jo Jo Potatoes Baked Beans Donut Holes  SR: Hamburger W/ Bun & Ketchup W/ Corn	Cranberry Glazed Baked Chicken Mashed Potatoes W/ Margarine Pineapple Coleslaw Multi Grain Bread Frosted Peanut Butter Bar  RCD: Lorna Doones
<b>30</b>	<b>31</b>			
Baked Mostacholi W/ Meatballs Marinara Sauce Two Tone Beans Pears French Bread Frosted Brownie  SR: Marinara Sauce RCD: Oreo Cookie	Meatloaf W/ Ketchup OR Beef Patty W/ Ketchup Mashed Potatoes Corn Wheat Bread Chocolate Pie  SR: Au Gratin Potatoes RCD: Cheesecake			

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](http://www.voamn.org).