

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Swedish Meatballs W/Gravy Mashed Potatoes Two Tone Beans Pineapple Rings Whole Wheat Bread Peanut Butter Cookie SR: Gravy	Beef Ravioli Marinara Sauce & Cheese Green Beans Applesauce French Bread Lemon Meringue Pie SR: Marinara Sauce RCD: Cherry Strudel Stick	Chicken Breast W/Garlic Sauce Baked Potato W/Margarine Broccoli Wheat Bread Chocolate Pudding Swirl RCD: Pudding	Ham in Fruit Sauce Mashed Sweet Potatoes Peas Multi Grain Bread Lemon Poppy Seed Cake W/Glaze Frosting SR: Turkey in Fruit Sauce RCD: Unglazed Cake	Meatloaf W/ Ketchup OR Italian Turkey Meatloaf Au Gratin Potatoes Garden Blend Vegetables Wheat Bread Strawberry Banana Sauce SR: Au Gratin Potatoes RCD: Banana
8	9	10	11	Valentine's Day 12
Baked Herbed Chicken OR Liver & Onion Gravy Scalloped Potatoes Spinach Nine Grain Bread Butterscotch Pudding SR: Gravy RCD: Vanilla Pudding	Veal Cutlet W/Mushroom Gravy Mashed Potatoes Mixed Vegetables Rye Bread Pear Compote SR: Beef Riblet W/Sr Gravy	Sliced Turkey Mashed Potatoes W/ Gravy Summer Blend Vegetables Mandarin Oranges Wheat Bread Chocolate Mint Brownie SR: Turkey Gravy RCD: Vanilla Wafer	Vegetable Barley Soup W/ Crackers Chicken Salad On Wheat Bun Potato Salad Banana Bar W/Frosting SR: Soup RCD: Unfrosted Bar	Spaghetti W/ Meatballs Marinara Sauce Parmesan Cheese Italian Blend Vegetables Diced Peaches & Pears French Bread Raspberry Gelatin W/Topping SR: Marinara Sauce RCD: Gelatin
President's Day 15	16	17	18	19
CLOSED BAGS & FROZEN MEALS ARE AVAILABLE	Country Fried Steak W/ Gravy OR Chicken Patty W/Gravy Mashed Potatoes W/ Country Gravy Sliced Dilled Carrots Multi Grain Bread Mandarin Oranges & Pineapples SR: Gravy	Healthy Baked Fish W/ Lemon Juice OR Seasoned Chicken Breast Baked Potato W/Margarine Harvard Beets White Bread Ranger Cookie	Turkey Divan Over Noodles Peach Slices Wheat Bread Chocolate Chip Bar W/Glaze SR: Turkey Divan RCD: Unglazed Bar	Seafood Pasta Salad W/ Veggies OR Chicken Pasta Salad W/Veggie Mixed Fruit Blueberry Muffin Vanilla Pudding RCD: Pudding
22	23	Birthday Day 24	25	26
Hot Turkey Sandwich Mashed Potatoes W/ Gravy Squash White Bread Blonde Brownie SR: Gravy RCD: Shortbread	Chicken Fettuccini Mixed Vegetables Mixed Fruit Bread Stick Almond Cookie	Beef Pot Roast W/Gravy Mashed Potatoes W/ Margarine Corn W/ Pimentos White Dinner Roll Carrot Cake W/ Frosting RCD: Unfrosted Cake	Salisbury Steak W/Gravy Scalloped Potatoes Capri Blend Vegetables Potato Dinner Roll Apricots SR: Gravy	Fish Square W/ Tartar Sauce OR Chicken Nuggets W/Ranch Dressing Potato Circles California Blend Vegetables Rye Bread Apple Pie RCD: Apple Strudel Stick

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.