Volunteers of America®
MINNESOTA

Senior Nutrition Services

February 2012 Senior Dining Menu

Dining Location *7151 York - Edina* **Phone** *952.893.1448*

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	**Super Bowl Meal 3**
		BEEF RIBLET BUTTERED SWEET PEAS AU GRATIN POTATOES WHOLE WHEAT BREAD w/MARGARINE CHERRY STRUDEL STICK	CHICKEN BREAST w/TARRAGON CREAM RICE PILAF TWO TONE BEANS TROPICAL FRUIT WHITE PULL-APART ROLL w/MARGARINE PUMPKIN BAR	BBQ PORK CHOP or ALT: BBQ CHICKEN BREAST MASHED SWEET POTATOES COLESLAW CHEDDAR GARLIC BISCUIT APPLESAUCE
6	7	8	9	10
SWEET AND SOUR MEATBALLS STEAMED WHITE RICE CHUCK WAGON CORN MANDARIN ORANGES STRAWBERRY RHUBARB COBBLER	CHICKEN &VEGETABLE WILD RICE CASSEROLE APRICOT HALVES WHITE ROLL w/MARGARINE TOFFE CHIP BLOND BROWNIE	EGG SALAD ON WHOLE WHEAT BUN VEGETABLE BARLEY SOUP SALTINES DICED PEACHES APPLE CRISP	TURKEY MEATLOAF w/CRANBERRY GLAZE BAKED POTATO w/MARGARINE & SOUR CREAM 5 WAY VEGGIE BLEND WHITE PULL-APART ROLL w/MARGARINE LIME GELATIN	HEALTHY BAKED FISH w/TARTAR SAUCE or ALT: BEEF PATTY AU JUS BABY RED POTATOES PEAS & CARROTS HONEY WHEAT BREAD w/MARGARINE CHEESECAKE BAR RCD: CHEESECAKE BAR
13	**Valentine's Day 14**	15	16	17
BEEF & PENNE VEGETABLE PASTA BAKE CAPRI BLEND VEGETABLES 9 GRAIN BREAD w/MARGARINE CHEF'S CHOICE DESSERT	CITRUS HERB CHICKEN BREAST w/ORANGE CRANBERRY SAUCE SCALLOPED POTATOES 4 WAY VEGGIE BLEND HONEY WHEAT BREAD w/MARGARINE STRAWBERRY CREAM PIE RCD: STRAWBERRY MOUSSE	SALISBURY STEAK w/MUSHROOM GRAVY or ALT: CHICKEN CUTLET w/CHICKEN GRAVY MASHED POTATOES STEAMED CARROTS MULTI-GRAIN ROLL w/MARGARINE PEACH CRISP	FETTUCINE w/CHICKEN CREAM SAUCE TROPICAL FRUIT CUP ITALIAN GREEN BEANS FRENCH BREAD w/MARGARINE COOKIE	SLICED PORK ROAST or ALT: SLICED ROAST TURKEY MASHED POTATOES w/GRAVY CHEF'S CHOICE VEGGIE WHEAT DINNER ROLL w/MARGARINE ICED BROWNIE
President's Day 20	21	22	23	24
DINING SITES CLOSED BAG LUNCH AVAILABLE Chicken Salad on Whole Wheat Bun Rosy Applesauce Fruit Juice Chocolate Chip Sandwich Cookie	SWISS STEAK w/STEWED TOMATO GRAVY MASHED POTATOES w/MARGARINE STEAMED CORN WHEAT BREAD w/MARGARINE PEAR HALVES	FISH & CHIPS (BATTERED POLLOCK) w/TARTAR SAUCE or ALT: CHICKEN STRIPS OVEN FRIES & KETCHUP COLESLAW POTATO ROLL w/MARGARINE BUTTERSCOTCH PUDDING	CHICKEN FRIED CHICKEN w/COUNTRY GRAVY MASHED POTATOES PEAS & CARROTS WHITE DINNER ROLL w/MARGARINE FROSTED RED VELVET CAKE RCD: UNFROSTED RED VELVET CAKE	SEAFOOD PASTA PRIMAVERA or ALT: CHICKEN PASTA PRIMAVERA SCANDINAVIAN VEGGIES WHEAT PULL-APART ROLL w/MARGARINE LEMON BAR
27	28	**Birthday Meal 29**		
CHEESE TORTELLINI w/MEATBALLS IN TOMATO ROSA SAUCE ITALIAN BLEND VEGGIES CANTALOUPE BREAD STICK w/MARGARINE CHOCOLATE MOUSSE	HAM SALAD ON WHOLE WHEAT ROLL or ALT: TURKEY SALAD TOMATO BASIL SOUP DINNER SALAD w/RANCH DRESSING COOKIE	TENDER ROAST BEEF MASHED POTATOES w/GRAVY HONEY GLAZED CARROTS MULTI-GRAIN ROLL w/MARGARINE FROSTED SPICE CAKE RCD: UNFROSTED SPICE CAKE		

1% milk and margarine are served with each meal. SR = salt restricted, RC = restricted calorie and RCD = restricted calorie dessert. Your comments are welcome call 952-945-4157. 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.