

VOLUNTEERS OF AMERICA – Senior Nutrition Services –August, 2010

Dining Location: Mary Ann Young Senior Center Phone: 763-780-4318

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	National Noon Out! 3	Harvest Tickets on sale 4	5	6
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
9	10	11	Digital Camera Class 12	13
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
16	17	Senior Wellness Session 18	19	20
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	Chef's Display Meal: Carved Roast Beef Green Beans with slivered Almonds Roasted Rosemary Baby Red Potatoes Gravy Dinner Roll w/margarine Cheesecake w/Fruit Topping Milk
23	24	Birthday Meal 25	Grandchild Day! 26	27
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
30	31			
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.

