



MINNESOTA AND WISCONSIN

NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Meatballs in Brown Gravy Egg Noodles California Blend Vegetables Wheat Bread/Butter Applesauce Lemon Bar
4	5	6	7	8
Beef Goulash Italian Blend Vegetables White Bread/Butter Sliced Strawberries Pound Cake w Whip Topping	Chicken Tenders Mashed Potatoes & Country Gravy Peas & Carrots Cornbread/Butter Mandarin Oranges	Beef Taco Meat In Flour Tortillas with Shredded Cheese Spanish Rice Mexican Corn Pineapple Tidbits Chef's Choice Cookie Taco and Sour Cream Packets	Spaghetti and Meatballs in Marinara Sauce Winter Blend Vegetables Tropical Fruit Salad Breadstick/Butter Lemon Pudding w Whipped Topping	Salisbury Steak Mashed Potatoes & Gravy Green Beans Diced Peaches Dinner Roll/Butter
11	12	13	14	15
CLOSED VETERANS	Cheeseburger on Bun Wedge Potatoes Fruit Cocktail Oatmeal Cream Pie Cookie Ketchup/Mustard Packets	Orange Chicken Fried Rice Broccoli Pineapple tidbits Dinner Roll/Butter Lemon Bar	Scalloped Potatoes & Ham Carrots Tropical Fruit Salad Breadstick/Butter Chef's Choice Cookie ALT: Scalloped Potatoes w Chicken	Meatloaf w Ketchup Glaze Mashed Potatoes & Gravy Applesauce Wheat Bread/Butter Banana Pudding w Whipped Topping
18	19	20	21	22
Chicken Wild rice Casserole Winter Blend Vegetables Diced Peaches Dinner Roll/Butter Blonde Brownie	COLD MEAL Krab Mac Salad Italian Vegetable Salad Fresh Cut Fruit Breadstick/Butter Blue Raspberry Jello Cake ALT: Chicken Mac Salad	THANKSGIVING MEAL Roasted Turkey w Stuffing Mashed Potatoes & Gravy Green Bean Casserole Dinner Roll/Butter Pumpkin Pie w Whipped Topping	Cheese Omelet Turkey Sausage Tater Tots Hot Cinnamon Applesauce Muffin/Butter	Beef Stew White Rice Italian Blend Vegetables Mandarin Oranges White Bread/Butter Oreo Pudding Cup
25	26	27	28	29
Breaded Chicken Breast on Fettuccini Noodles and Alfredo Sauce Broccoli Diced Pears Breadstick/Butter 7 Layer Bar	Beef Hot Dog on Bun Baked Beans Corn Pineapple Tidbits Chef's Choice Cookie Ketchup/Mustard Packets	BIRTHDAY MEAL Beef Pot Roast Mashed Potatoes & Gravy Peas Dinner Roll/Butter Yellow Cupcake w Chocolate Frosting	CLOSED THANKSGIVING	CLOSED DAY AFTER THANKSGIVING

Menu subject to change. 1% milk and margarine are served with each meal. Your comments are welcome: call 952-945-4156.

Volunteers of America Senior Nutrition Program serves all seniors regardless of race, color, sex, disability, national origin, or religion. The service is funded through a contract with Trellis, Inc. as part of the Older Americans Act Program and participant contributions. Upon request, large print, or audiotape are available. For TDD, contact Minnesota Relay Service. For information about the services provided by Volunteers of America of MN go to www.voamn.org