


Dining Location Fridley Phone 763-502-5199

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Senior Dining Closed for New Year's Holiday Bag Lunches Available Caesar Chicken Pasta Salad w/Cheese Tortellini Multi-Grain Bread w/Margarine Applesauce Cup 3 Bean Salad Brownie	Beef and Broccoli Stir Fry Brown Rice Diced Peaches Oatmeal Raisin Cookie	Cheese Omelet Breakfast Potatoes Fruit Juice Fresh Fruit Blueberry Muffin w/Margarine	Cheese Ravioli w/Chicken in Pesto Sauce Peas Apricot Halves Bread Stick w/Margarine Frosted Cake RCD: Unfrosted Cake	Juicy California Cheeseburger on Whole Wheat Bun Pickle slices, Lettuce, Tomato, Ketchup Scalloped Potatoes Banana Pudding
9	10	11	12	13
BBQ Pork Chop or ALT: BBQ Chicken Breast Mashed Sweet Potatoes Coleslaw Cheddar Garlic Biscuit Applesauce	Asian Chicken Casserole Oriental Style Vegetables Diced Pears Multi-Grain Bread w/Margarine Chef's Choice Dessert	Roast Beef Au Jus on Onion Bun Broccoli Cheese Soup Potato Salad Tropical Fruit Cup Chocolate Chip Sandwich Cookie	Crispy Fish Sandwich w/Tartar Sauce or ALT: Chicken Patty on Whole Wheat Bun Oven Fries Ketchup Romaine Salad w/Ranch Dressing Blueberry Coffee Cake	Beef Stroganoff Casserole Normandy Blend Veggies Wheat Pull-Apart Roll w/Margarine Chef's Choice Vegetable Fruit Coconut Cream Pie
M. L. King Day 16	17	18	19	20
Senior Dining Closed for Martin Luther King Holiday Bag Lunches Available Turkey Cold Cuts on Hoagie Bun Mayonnaise Cole Slaw Fresh Fruit Cup Lorna Doone Cookies	Breaded Pork Cutlet in Rosemary Sauce or ALT: Sliced Turkey Au Gratin Potatoes Chef's Choice Veggies Whole Wheat roll w/Margarine Pear Halves	BBQ Chicken Sandwich on Whole Wheat Bun Jo Jo Potatoes 3-Bean Salad Chocolate Cream Pie	Chicken Fried Steak Mashed Potatoes w/Gravy Fresh Spinach w/Honey Mustard Dressing Biscuit w/Margarine Chef's Choice Cookie	All-Beef Meatloaf w/Ketchup Glaze Tarragon Chive Roasted Potatoes Creamed Corn White Pull-Apart Roll w/Margarine Blond Toffee Chip Brownie
23	24	Birthday Meal 25	26	27
Chicken Chow Mein Steamed Rice Oriental Veggies Chow Mein Noodles Mandarin Oranges Almond Cookie	Tuscan Chicken Vegetable Soup Cranberry Turkey Salad on Focaccia Bread Mediterranean Pasta Salad Diced Pears	Tender Beef Pot Roast Mashed Potatoes w/Gravy Capri Blend Veggies Whole Wheat Dinner Roll w/Margarine Carrot Cake RCD: Unfrosted Cake	Citrus Herb Chicken Breast w/Orange Cranberry Sauce Scalloped Potatoes 4-Way Veggie Blend Wheat Pull-Apart Roll w/Margarine Strawberry Shortcake	Sirloin Tips & Gravy Mashed Potatoes Two Tone Beans French Bread w/Margarine Fresh Fruit Cup
30	31			
Tator Tot Casserole 5 Way Veggie Blend Cheddar Garlic Biscuit w/Margarine Fresh Melon	Sautéed Liver and Onions w/Onion Gravy or ALT: Sliced Turkey Baked Potato w/Margarine Chuck Wagon Corn Honey Wheat Roll w/Margarine Rosy Applesauce			

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 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 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.