

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are served with low fat milk, break and margarine. This meal is prepared in a facility that uses wheat, soy, dairy and nuts.	Menu is subject to change. Meals are served with low fat milk, bread, and margarine.	01) Salisbury Steak Baked Chicken Mashed potato/gravy Steamed broccoli Cake	02) Ham & Cheese on bun Cheeseburger/bun Au gratin potatoes Green beans Pudding/topping	03) Kneophla Soup Sandwich Salad Desseert
06) Turkey Country fried steak Mashed potato/gravy Baked squash Peaches	07) Chef Salad Tater tot hotdish Fruited gelatin Brownie	08) Mac N Cheese Beef stroganoff Egg Noodles Coleslaw Dinner roll Mandarin oranges	09) Liver & Onions Country pork chop Parley boiled potatoes Parsley glazed carrots Whipped gelatin	10) Sub sandwich Salad Dessert
13) Polish Sausage BBQ riblet/bun Baked beans Potato salad Fruit cup	14) Country fried steak Country pork chop Sweet potato Steamed broccoli Cookie	15) Chili Cheese sandwich Banana	16) Hamburger gravy Chicken strips Mashed potato/gravy Coleslaw Biscuit Pudding/topping	17) Italian Salad Muffin Fruit Juice Dessert
20) Ham Salisbury steak Baked potato Green beans Pie	21) Liver N Onions Turkey Mashed potato/gravy Peas and carrots Strawberry shortcake	22) Chef Salad Spaghetti/meat sauce Waxed Beans Garlic breadstick Mandarin oranges	23) Meatballs Baked chicken Baked potato Baked squash Cookie	24) Beans & Ham Egg salad Fruit cup Cake
27) BBQ Ribette Pepper steak Mashed potato/gravy Dill glazed carrots Pudding/topping	28) Tater crust fish Baked ham Scalloped potatoes Beets Fruit Crisp	29) Stew Tater Tot Hotdish Mixed vegetables Fruit juice Cookie	30) Meat loaf BBQ chicken Baked potato Corn Mixed fruit	31) Goulash Garlic breadstick Carrots Mandarin Oranges

Please call by 8:00 with changes or leave a message anytime. NSI provided this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging.
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