

July Monthly Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
01) Meatballs Baked fish Baked potatoes Creamed peas Pudding/topping	02) Creamed Chicken Breast Meatloaf Tiny whole potatoes Candied carrots Lemon bar	03) BBQ/bun Chicken patty/bun Au gratin potatoes Broccoli Dessert	04) Hot dog Hamburger Potato Salad Baked beans Watermelon	05) Turkey Pasta - Salad - Bread stick- Fruit cup Kitchen will be closed on July 5. Meal will be delivered July 4th
08) Chicken strips Ham Scalloped potatoes Carrots Tropical fruit	09) Chef salad Lasagna Garlic bread stick Mandarin oranges	10) Swedish meatballs Pork chop Mashed potato/gravy Mixed vegetables Strawberry cream cake	11) Liver N onions Country fried steak Mashed potato/gravy Dill glazed carrots Lemon Cake	12) Soup Egg salad/bun Cucumber & tomato salad Fresh fruit
15) Pork Chop Salisbury Steak Baked potato California blend Rice pudding	16) Chicken patty Cheese burger Baked beans Potato salad Cookie	17) Turkey Pork roast Mashed potato/gravy Baked squash Rhubarb upside down cake	18) Chef Salad Spaghetti sauce/meat Wax beans Garlic toast Fresh fruit	19) Pancakes Sausage Hash brown pleaser Fruit
22) Tuna Casserole Chicken pot pie Peas and carrots Mashed potatoes Mixed fruit	23) Liver n onions BBQ Ribette Mashed/gravy Corn Cookie	24) Turkey Meatballs Mashed potatoes/gravy Green beans Chocolate chip bar	25) Chicken Roast beef Mashed potatoes/gravy Mixed vegetables Jell-o/topping	26) Taco salad Muffin Fresh fruit
29) Polish Sausage Salisbury steak Baked potato Peas Fruit cup	30) Turkey gravy Hamburger Mashed potatoes/ hamburger gravy Mixed vegetables Cookie	31) Fish Roast beef Mashed potato/gravy Glazed carrots Blueberry cha-cha	NSI provided this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging.	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.

Please call 218-643-5730 by 8:00 with changes or leave a message anytime.