


DECEMBER 2018

WEST FARGO AREA MEALS AT SENIOR CENTERS

WF DINING CENTERS
MEALS SERVED 11:45 - 12:30

MEAL RESERVATIONS
CALL 356-2047 ONE DAY IN ADVANCE BEFORE 12:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
SWEDISH MEATBALLS MASHED POTATOES COUNTRY VEGETABLES FRESH FRUIT WHOLE WHEAT BREAD	HERB ROASTED CHICKEN W/ STUFFING AND GRAVY MASHED SWEET POTATOES PEAS & PEARL ONIONS PEACH CRISP WITH WHIPPED TOPPING	SPAGHETTI W/MEAT SAUCE CORN JELLO W/FRUIT & WHIPPED TOPPING WHOLE WHEAT GARLIC TOAST	BAKED COD W/ALFREDO SAUCE SMASHED POTATOES CARROTS FRUIT CUP BANANA BREAD	TERIYAKI CHICKEN FRIED RICE ORIENTAL VEGETABLE MANDARIN ORANGES WHOLE WHEAT BREADSTICK
10	11	12	13	14
STUFFED PEPPERS GREEN BEANS COTTAGE CHEESE PEARS WHOLE WHEAT DINNER ROLL	BAKED HAM BAKED POTATO W/SOUR CREAM SCALLOPED CORN PINEAPPLE TIDBITS CROISSANT	BEEF TIPS W/GRAVY NOODLES PEAS & CARROTS LETTUCE SALAD W/DRESSING FRUIT CUP AND COOKIE WHOLE WHEAT BREAD	HAMBURGER W/CHEESE WHOLE WHEAT BUN LETTUCE, TOMATO, MAYO SEASONED BABY POTATOES BAKED BEANS FRESH FRUIT	LEMON PEPPER FISH W/TARTAR SAUCE WILD RICE BLEND CREAMED PEAS ITALIAN CUCUMBERS FRUIT CUP PUMPKIN BREAD
17	CHRISTMAS MEAL	18	19	20
CHICKEN ALA KING OVER BISCUIT CALIFORNIA MEDLEY MANDARIN ORANGES	SLOW ROASTED BEEF WITH AU JUS TWICE BAKED POTATOES GREEN BEAN CASSEROLE CHERRY BLUSH SALAD LEFSE APPLE PIE W/WHIPPED TOPPING	BBQ CHICKEN BREAST SCALLOPED POTATOES WAX BEANS FRUIT CUP WHOLE WHEAT BUN	COUNTRY MEATBALLS MASHED POTATOES BABY CARROTS APPLE COBBLER W/WHIPPED TOPPING WHOLE WHEAT BREAD	TACO CASSEROLE MEXICORN SALAD W/DRESSING CORN BREAD FRUIT CUP & COOKIE
24	CENTER CLOSED	25	26	27
SALISBURY STEAK W/GRAVY MASHED POTATOES MIXED VEGETABLES FRESH FRUIT WHOLE WHEAT DINNER ROLL	<i>Christmas Day</i> 	CHICKEN WILD RICE HOTDISH COUNTRY VEGETABLES COLESLAW FRUIT CUP ZUCCHINI BREAD	ROAST PORK MASHED POTATOES W/GRAVY BEETS JELLO W/FRUIT & WHIPPED TOPPING WHOLE WHEAT BREAD	BEEF STEW BISCUIT TOMATO & CUCUMBER SALAD FRESH FRUIT & COOKIE
31	CENTER CLOSED	1		
SWISS STEAK MASHED POTATOES CORN FRUIT CUP WHOLE WHEAT DINNER ROLL	<i>Happy New Year</i> 