

FEBRUARY 2019

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
	#EveryMealCounts 			1 TERIYAKI CHICKEN FRIED RICE GREEN BEANS CREAMY CUCUMBERS CHOCOLATE DATE CAKE W/WHIPPED TOPPING GARLIC BREADSTICK
4	5	6	7	8
MEATLOAF BAKED POTATOES W/SOUR CREAM GLAZED BABY CARROTS FRUIT COCKTAIL WHOLE WHEAT DINNER ROLL	CHICKEN ALA KING OVER BISCUIT MIXED VEGETABLES APPLE CRISP W/WHIPPED TOPPING	RIBS AND KRAUT SMASHED POTATOES CREAMED PEAS VANILLA PUDDING W/BANANAS WHOLE WHEAT BREAD	BAKED COD W/ALFREDO SAUCE BUTTERED PARSLIED POTATOES CARIBBEAN VEGETABLES FRESH FRUIT CROISSANT	BEEF STROGANOFF OVER NOODLES BAKED BEANS COLESLAW JELLO W/FRUIT & WHIPPED TOPPING WHOLE WHEAT BREAD
11	12	13	Giving Hearts Day	15
CHILE CORN CAPTAIN'S SALAD W/DRESSING MANDARIN ORANGES CORN BREAD	SLOW ROASTED BEEF W/GRAVY GARLIC SMASHED POTATOES WHITE CAKE W/CHERRIES AND TOPPING WHOLE WHEAT DINNER ROLL	LEMON PEPPER CHICKEN SCALLOPED POTATOES COUNTRY VEGETABLES FRUIT CUP & COOKIE WHOLE WHEAT BREAD	PULLED PORK ON A WHOLE WHEAT BUN TATOR TOTS CALICO BEANS PEACH CRISP W/WHIPPED TOPPING 	PARMESAN FISH W/TARTAR SAUCE RED ROASTED POTATOES SCALLOPED CORN FRESH FRUIT CROISSANT
PRESIDENTS' DAY	18	19	20	21
HAM W/RAISIN SAUCE CHEESY HASHBROWNS SQUASH FRUIT CUP WHOLE WHEAT DINNER ROLL	HAMBURGER TOMATO CASSEROLE CARROTS CREAMY CUCUMBERS JELLO W/FRUIT & WHIPPED TOPPING WHOLE WHEAT BREAD	SWISS STEAK W/GRAVY MASHED POTATOES WAX BEANS CHERRY COBBLER W/WHIPPED TOPPING CROISSANT	HERB ROASTED CHICKEN BREAST PARSLIED BUTTERED POTATOES CREAMED PEAS & CARROTS FRUIT CUP WHOLE WHEAT BREAD	STUFFED PEPPERS MASHED POTATOES GREEN BEANS LEMON FRUIT SALAD WHOLE WHEAT DINNER ROLL
25	26	27	28	
SWEDISH MEATBALLS MASHED POTATOES CARIBBEAN VEGETABLES FRUIT CUP WHOLE WHEAT BREAD	CREAMED CHICKEN OVER NOODLES PRINCE EDWARD VEGETABLES COLESLAW GLORIFIED RICE WHOLE WHEAT BREAD	ROAST PORK WITH GRAVY MASHED POTATOES GREEN BEAN CASSEROLE FRUIT CUP & BROWNIE WHOLE WHEAT DINNER ROLL	TUNA CASSEROLE LETTUCE SALAD PEAS & PEARL ONIONS RAW APPLE CAKE W/WHIPPED TOPPING WHOLE WHEAT BREAD	THANK YOU FROM THE BOTTOM OF OUR HEARTS For your support on Giving Hearts Day

Menu meets the required Title 3 nutrient goals under the Older American Act

Calories: 735 Sodium Goals: 800-1000 mg daily Protein: 31.24 (g) Net Carbs: 87.11 (g) Fat: 24.5(g)