



October 2021

VALLEY SENIOR SERVICES- WEST FARGO MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Meal reservations for WF High Rise - North Sky - only
 Call **701-356-2047** one day in advance before 12:00 PM
 For Meals on Wheels contact the main office at **701-293-1440**

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
Spaghetti W/Meatballs California Vegetables Captain's Salad W/Dressing Garlic Toast Cherry Salad	Swiss Steak W/Gravy Buttered Potatoes Candied Carrots Croissant Peach Crisp W/Whipped Topping	Roast Turkey Garlic Smashed Potatoes Squash Dressing Brownie Mandarin Oranges	Herb Chicken Baby Baker Potatoes Mixed Vegetables Banana Bread Fruit Cocktail	Fish Patty W/Tartar Sauce Whole Wheat Bun Scalloped Potatoes Peas & Pearl Onions Lemon Fruit Salad
11	12	13	14	15
Breaded Chicken Au Gratin Potatoes Beets Pears Whole Wheat Bread	Chili Cheesy Hashbrown Bake Prince Edward Vegetables Tropical Fruit Zucchini Bread	Swedish Meatballs Mashed Potatoes W/Gravy Carrots Jell-O W/Fruit & W/Whipped Topping Whole Wheat Roll	Ribs & Kraut Baked Potato W/Sour Cream Country Vegetables Cookie & Fruit Cup Croissant	Lemon Peppered Fish W/Tartar Sauce Wild Rice Creamed Peas Fresh Fruit Whole Wheat Bread
18	19	20	21	22
Hamburger Macaroni Mexicorn Salad W/Dressing Corn Bread W/Honey Apple Crisp W/Whipped Topping	Pork Loin Smashed Potatoes W/Gravy Green Beans Peaches Whole Wheat Roll	Salisbury Steak Mashed Potatoes W/Gravy Winter Vegetables Black Forest Cake W/Whipped Topping Whole Wheat Bread	BBQ Chicken Rosemary Potatoes Caribbean Vegetables Caramel Apple Salad Croissant	Turkey Burger Whole Wheat Bun Potato Wedges Baked Beans Cookie & Fruit Cup
25	26	27	28	29
Chicken Wild Rice Hotdish Wax Beans Cucumber & Tomato Salad Apricots Whole Wheat Bread	Beef Stew over a Biscuit Coleslaw Mixed Vegetables Raw Apple Cake W/Whipped Topping	Baked Ham Scalloped Potatoes Peas & Carrots Whole Wheat Roll Peach Cobbler W/Whipped Topping	Creamed Chicken Mashed Potatoes Malibu Vegetables Chocolate Date Cake W/Whipped Topping Croissant	Pecan Tilapia Vegetable Rice Pilaf Creamed Corn Angel Food Cake W/Strawberries & Whipped Topping Apple Bread