

# November 2021


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

TO MAKE A RESERVATION AT YOUR LOCAL MEAL SITE PLEASE CALL BEFORE 12:00 NOON ONE DAY IN ADVANCE

FOR MEALS ON WHEELS CONTACT THE MAIN OFFICE AT **701-293-1440**

*MENU SUBJECT TO CHANGE*

**ALL MEALS INCLUDE 8 oz 1% MILK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Beef Stroganoff over Egg Noodles Baked Corn Fruit Cocktail Whole Wheat Breadstick	Gjestost Chicken Smashed Potatoes Creamed Peas Peaches Whole Wheat Bread	Herb Crusted Fish Vegetable Rice Blend Winter Blend Vegetables Mandarin Oranges Lemon Bar	Tater Tot Hotdish California Blend Vegetables Fresh Fruit Whole Wheat Dinner Roll	Ranch Chicken Breast Creamy Potato Casserole Creamy Cucumber Salad Pears Whole Wheat Dinner Roll M&M Cookie
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Chicken Moutarde Scalloped Potatoes Crinkle Cut Carrots Tropical Fruit Whole Wheat Dinner Roll	Lasagna Mixed Vegetables Applesauce Whole Wheat Breadstick	Salsa Chicken Breast Brown Rice Best Black Beans Strawberry Jello w/Pears & Whipped Topping	St. Louis BBQ Ribs Baked Potato w/Sour Cream Green Beans Peaches Corn Bread Muffin	Lutheran Hot Dish Lettuce Salad w/Ranch Fresh Fruit Sister Shubert Roll Sugar Cookie
<b>15</b>	<b>16</b>	<b>THANKSGIVING MEAL 17</b>	<b>18</b>	<b>19</b>
Salisbury Steak Cheesy Whipped Potatoes Beets Mandarin Oranges Whole Wheat Bread	Tuna Noodle Hotdish Monte Carlo Blend Vegetables Fruit Cocktail Whole Wheat Dinner Roll	Roast Turkey w/Gravy Mashed Potatoes Green Bean Casserole Stuffing Cranberries Pumpkin Pie Lefse	Country Meatballs Mashed Potatoes w/Gravy Roasted Carrots Fresh Fruit Whole Wheat Bread	Lawry's Chicken Breast Brown Sugar Baked Squash Steamed Cauliflower Tropical Fruit Whole Wheat Dinner Roll Zebra Brownie
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Chicken Tortellini Casserole Steamed Broccoli Peaches Whole Wheat Breadstick Pudding	Cheesy Egg Bake Rosemary Roasted Potatoes Mixed Vegetables Fresh Fruit Croissant	Beef Cabbage Casserole Candy Corn Pears Snickerdoodle Cookie	CLOSED 	Pulled Pork on a Whole Wheat Bun Confetti Coleslaw Steamed Baby Carrot Apple Crisp W/Whipped Topping
<b>29</b>	<b>30</b>			
Bronze Pork Loin Calico Beans Brussel Sprouts Fruit Cocktail Whole Wheat Dinner Roll	White Chicken Chili Baked Potato w/Sour Cream Peas and Carrots Peaches Whole Wheat Bread			