

November 2021

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

Meal reservations for WF High Rise - WFACP

West Fargo High Rise 230 8th Ave. W.

To reserve a meal: call **356-2047** one day in advance before 12 noon

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 | 2 | 3 | 4 | 5 |
| Beef Stroganoff over Egg Noodles Prince Edward Vegetables Peach Sauce Whole Wheat Bread | Ranch Chicken Cheesy Hashbrown Potatoes Corn Carmel Apple Salad W/Topping Date Bread | Pork Chops w/Gravy Mashed Potatoes w/Gravy Dressing Buttered Carrots Banana Pudding w/Topping | Chicken Breast on Whole Wheat Bun Garlic Herb Potatoes Cucumber Tomato Salad Cookie & Fruit Cup | Tuna Noodle Hotdish Lettuce Salad w/Dressing Fruited Jello W/Whipped Topping Whole Wheat Bread |
| 8 | 9 | 10 | 11 | 12 |
| Country Meatballs Mashed Potatoes w/Gravy Green Beans Fresh Fruit Croissant | Chicken Moutarde Scalloped Potatoes Peas and Carrots Apple Crisp W/Whipped Topping Whole Wheat Dinner Roll | Lasagna California Vegetables Coleslaw Cookie Salad Garlic Breadstick | Baked Cod w/Alfredo Sauce Wild Rice Blend Mixed Vegetables Rice Pudding w/Pineapple Banana Bread | Tater Tot Casserole Captain Salad w/Dressing Fruit Cup & Cookie Croissant |
| 15 | 16 | THANKSGIVING MEAL 17 | 18 | 19 |
| Salisbury Steak Mashed Potatoes Buttered Beets Fruit Cup Whole Wheat Dinner Roll | Pulled Pork on a Whole Wheat Bun Wedges Baked Beans Fruited Jello w/Topping | Roast Turkey w/Gravy Mashed Potatoes w/Gravy Green Bean Casserole Dressing Cranberry Sauce Pumpkin Pie w/Topping Lefse | Hamburger Tomato Hotdish Corn Lemon Fruit Salad Whole Wheat Bread | Teriyaki Chicken Fried Rice Oriental Blend Vegetables Mandarin Oranges Garlic Toast |
| 22 | 23 | 24 | 25 | 26 |
| Cabbage Rolls Mashed Potatoes w/Sauce Country Vegetables Cottage Cheese Peaches Croissant | BBQ Ribs Baked Potato w/Sour Cream Baby Carrots Cherry Cobbler w/Topping Whole Wheat Dinner Roll | Chicken Ala King over Biscuit Prince Edward Vegetables Fruit Cup & Cookie | CLOSED  | Hamburger with Lettuce, Tomato and Onion Whole Wheat Bun Potato Salad Calico Beans Brownie |
| 29 | 30 |    | | |
| BBQ Chicken Au Gratin Potatoes Cucumber Tomato Salad Wax Beans Fresh Fruit Croissant | Roast Beef Mashed Potatoes w/Gravy Creamed Peas & Carrots Chocolate Date Cake W/Whipped Topping Whole Wheat Dinner Roll | | | |