

January 2022





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
3	4	5	6	7
Chicken Moutarde Parmesan Garlic Potatoes Diced Beets Peaches Dinner Roll	Beef Cabbage Casserole Winter Blend Vegetables Mandarin Oranges Dinner Roll 	Beef Stroganoff Egg Noodles Green Beans Pears Hershey Brownie	Cheesy Egg Bake Sausage Link Crispy Cubed Potatoes Mixed Vegetables Fresh Fruit	Salsa Chicken Breast Brown Rice Best Black Beans Mangos Rice Krispie Bar 
10	11	12	13	14
Salisbury Steak Smashed Potatoes Stewed Tomatoes Applesauce Whole Wheat Bread	Chicken Alfredo Steamed Broccoli Breadstick Strawberry Jello w/Peaches & Whipped Topping	Polish Sausage on a Bun Sauerkraut Potato Wedges Confetti Coleslaw Tropical Fruit	Tator Tot Hotdish California Blend Vegetables Fresh Fruit Whole Wheat Dinner Roll	Ranch Chicken Breast Baby Baker Potatoes Creamy Cucumber Salad Fruit Cocktail Whole Wheat Dinner Roll Heath Cookie
Martin Luther King Jr Day 17	18	19	20	21
Chili Baked Potato w/Sour Cream Mixed Vegetables Mandarin Oranges Whole Wheat Dinner Roll	Gjetost Chicken Cheesy Whipped Potatoes Chateau Blend Vegetables Mixed Berries Whole Wheat Bread	Tuna Noodle Hotdish Peas and Carrots Peaches Frosted Banana Cake Whole Wheat Dinner Roll	Country Meatballs Mashed Potatoes w/Gravy Baked Corn Pears Whole Wheat Bread	Bronze Pork Loin Au Gratin Potatoes Lettuce Salad Fresh Fruit Zebra Brownie Sister Shubert Roll
24	25	26	27	28
Lawry's Chicken Breast Creamy Potato Casserole Roasted Carrots Tropical Fruit Whole Wheat Dinner Roll	BBQ Pork Chops Smashed Sweet Potatoes Steamed Cauliflower Fruit Cocktail Cornbread Muffin	Grilled Chicken Sandwich w/Lettuce, Tomato, Onion on a Whole Wheat Bun Pasta Salad Baked Beans Fresh Fruit Cranberry White Chocolate Cookie	Lutheran Hotdish Key West Blend Vegetables Peaches Whole Wheat Dinner Roll	Roast Turkey w/Gravy Mashed Potatoes w/Gravy Creamed Carrots Apple Crisp W/Whipped Topping Whole Wheat Bread
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Herb Crusted Fish w/ Tartar Sauce Brown Sugar Baked Squash Creamed Peas Pears Whole Wheat Dinner Roll				