

# January 2022

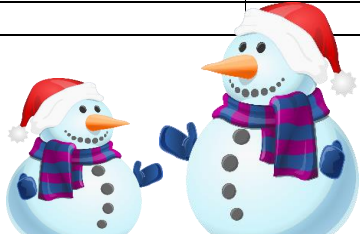


## VALLEY SENIOR SERVICES- WEST FARGO MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Meal reservations for WF High Rise - North Sky - WFACP

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
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Beef Pepper Steak Fried Rice Mandarin Vegetables Fresh Fruit Garlic Breadstick	Pork Chops w/Gravy Mashed Potatoes Stuffing Green Beans Apple Crisp w/ Topping Croissant	Chicken Tetrazini Malibu Vegetables Cottage Cheese Peaches Whole Wheat Bread	Cheeseburger Hotdish Corn Lettuce Salad w/Dressing Fruited Jello w/Topping Whole Wheat Dinner Roll	Herb Crusted Fish Tartar Sauce Parslied Buttered Potatoes Cream Peas Whole Wheat Bread Fruit Cup & Cookie
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Swiss Steak Smashed Potatoes w/Gravy Prince Edward Vegetables Fruit Cup Croissant	Lasagna Peas & Pearled Onions Coleslaw Carmel Apple Salad Garlic Toast	Ranch Chicken Breast Baby Bakers Creamy Cucumbers Pears Whole Wheat Bread Rice Krispie Bar	Beef Stew Corn Bread w/Honey Lettuce Salad w/Dressing White Cake w/Lemon Topping	Pulled Pork on a Whole Wheat Bun Curly Fries Baked Beans Fruit Cup
<b>Martin Luther King Jr Day17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Country Meatballs Mashed Potatoes w/Gravy Carrots Fruit Cup Whole Wheat Bread	Herb Roasted Chicken Scalloped Potatoes Diced Beets Whole Wheat Dinner Roll Peach Cobbler w/Topping	Cabbage Roll w/ Sauce Mashed Potatoes Mixed Vegetables Fruited Jello w/Topping Banana Bread	Tuna Noodle Hotdish Peas & Carrots Raw Apple Cake w/Topping Whole Wheat Bread	BBQ Chicken Cheesy Hashbrowns Baby Carrots Vanilla Pudding w/Bananas Croissant
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Creamed Chicken over Noodles California Vegetables Fresh Fruit Whole Wheat Dinner Roll	Chili Baked Potato w/Sour Cream Corn Applesauce Garlic Breadstick Cookie	Pork Roast Au Gratin Potatoes Squash Frosted Banana Cake Croissant	Tater Tot Hotdish Coleslaw Fruit Cup Pumpkin Bread	Ribs & Sauerkraut Mashed Potatoes Wax Beans Whole Wheat Bread Angel Food Cake w/ Topping & Strawberries
<b>31</b>				<p>Giving Hearts Day Thursday, Feb 10</p> 
Beef Stroganoff over Noodles Green Beans Mandarin Oranges Whole Wheat Dinner Roll Brownie				

