

February 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

To reserve a meal at a site
Please call:

Ed Clapp 701-298-3976
Trollwood 701-298-3975
Broadway Station 701-232-7936

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Cheeseburger Hotdish Mixed Vegetables Whole Wheat Dinner Roll Fresh Fruit	Chicken Veronique Vegetable Rice Pilaf Green Beans Peaches Pumpkin Bread	Prego Meat Sauce on Whole Wheat Noodles Steamed Broccoli Apricots Garlic Breadstick	Pulled Pork Sandwich Whole Wheat Bun Calico Beans Confetti Coleslaw Orange Jello w/ Mandarin Oranges & Topping
7	8	9	10	11
Biscuits w/Sausage Gravy Sausage Link Peas and Carrots Fresh Fruit	Herb Crusted Chicken Sweet Potatoes Monte Carlo Vegetables Fruit Cocktail Whole Wheat Dinner Roll	Sloppy Joe Whole Wheat Bun Baked Beans Creamy Cucumbers Tropical Fruit Chocolate Chip Cookie	Buttermilk Chicken Breast Mashed Potatoes Winter Blend Vegetables Berries Whole Wheat Dinner Roll  Giving Hearts Day	Salisbury Steak Baby Baker Potatoes Lettuce Salad Rhubarb Crisp w/Whipped Topping Whole Wheat Bread
14	15	16	17	18
Chili Cheesy Potato Bake California Blend Vegetables Mandarin Oranges Corn Bread Muffin	Gjetost Chicken Vegetable Rice Pilaf Crinkle Cut Carrots Peaches Whole Wheat Dinner Roll	Baked Ham Au Gratin Potatoes Broccoli Salad Fresh Fruit Whole Wheat Dinner Roll Monster Bar	Swedish Meatballs Mashed Potatoes & Gravy Steamed Cabbage Fruit Cocktail Whole Wheat Bread	Chicken Wild Rice Hotdish Chateau Blend Vegetables Pears Sister Shubert Roll Applesauce Cake
President's Day 21	22	23	24	25
CLOSED  Presidents Day	Pork Chop w/ Mushroom Gravy Mashed Potatoes & Gravy Diced Beets Peaches Whole Wheat Dinner Roll	Chicken Tortellini Casserole Green Beans Mandarin Oranges Breadstick Blonde Brownie	Breaded Lemon Pepper Fish w/Tartar Sauce Smashed Potatoes Creamed Peas Mangos Whole Wheat Dinner Roll	Hamburger w/ Lettuce, Tomato, Onion Whole Wheat Bun Crispy Cubed Potatoes Steamed Baby Carrots Fresh Fruit Peanut Butter Cookie
28				
BBQ Chicken Breast Mashed Garlic Potatoes Steamed Cauliflower Fruit Cocktail Whole Wheat Dinner Roll	