

February 2022



VALLEY SENIOR SERVICES: RANSOM SARGENT REGIONAL MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL AND 60+ TAKE OUT MEALS (NOT HOME DELIVERED) IS A CHARGE OF \$5.00

SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Lisbon 683-4295 Enderlin 437-2669 Milnor 427-9327 Cogswell 724-3024 Forman 724-3928 Rutland 724-4074	Cheeseburger Hotdish Mixed Vegetables Whole Wheat Dinner Roll Orange Jello w/ Mandarin Oranges & Topping	Chicken with Gravy Mashed Potatoes Green Beans Peaches Pumpkin Bread	Spaghetti w/Meat Sauce Whole Wheat Noodles Steamed Broccoli Apricots Garlic Breadstick	Pulled Pork Sandwich Whole Wheat Bun Calico Beans Coleslaw Fruit
7	8	9	10	11
Beef Vegetable Stew Over a Biscuit Baked Corn Tropical Fruit	Chicken Cordon Bleu 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 Rhubarb Crisp w/Whipped Topping Zucchini Bread 	Salisbury Steak Baby Baker Potatoes Lettuce Salad Berries Whole Wheat Bread
14	15	16	17	18
Baked Ham Au Gratin Potatoes Broccoli Salad Fruit Whole Wheat Dinner Roll Monster Bar	Cod w/Alfredo Sauce Baby Baker Potatoes Crinkle Cut Carrots Peaches Whole Wheat Dinner Roll	Chili Cheesy Potato Bake California Blend Vegetables Mandarian Oranges Corn Bread Muffin	Swedish Meatballs Mashed Potatoes & Gravy Steamed Cabbage Fruit Cocktail Whole Wheat Bread	Chicken Wild Rice Hotdish Chateau Blend Vegetables Pears Whole Wheat Dinner Roll Applesauce Cake
President's Day 21	22	23	24	25
CLOSED 	Pork Chop w/ Mushroom Gravy Mashed Potatoes Diced Beets Peaches Whole Wheat Dinner Roll	Hamburger w/ Lettuce, Tomato, Onion Whole Wheat Bun Steamed Baby Carrots Fruit Peanut Butter Cookie	Breaded Lemon Pepper Fish w/Tartar Sauce Smashed Potatoes Creamed Peas Pears Whole Wheat Dinner Roll	Chicken Tortellini Casserole Green Beans Mandarin Oranges Breadstick Blonde Brownie
28				
BBQ Chicken Breast Mashed Garlic Potatoes Steamed Cauliflower Fruit Cocktail Whole Wheat Dinner Roll		