




February 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 |
|---|--|--|--|--|
| | 1 | 2 | 3 | 4 |
| | Chicken Alfredo over Noodles Carrots Chocolate Date Cake W/Whipped Topping Whole Wheat Bread | Swedish Meatballs Mashed Potatoes & Gravy Winter Vegetables Snicker Salad Croissant | Chicken Wild Rice Hotdish Lettuce Salad w/Dressing Peas & Carrots Fruit Cup Cookie Whole Wheat Dinner Roll | Pulled Pork On A Whole Wheat Bun Garlic Diced Potatoes Calico Beans Jell-O w/Fruit & Whipped Topping |
| 7 | 8 | 9 | 10 | 11 |
| Spaghetti W/Meatballs Coleslaw Corn Fruit Cup Garlic Breadstick | Herb Crusted Chicken Garlic Mashed Potatoes Gravy Green Beans Caramel Apple Salad Whole Wheat Bread | BBQ Ribs Baked Potato W/Sour Cream Prince Edward Vegetables White Cake W/Lemon Sauce Dinner Roll | Stuffed Peppers Parsley Buttered Potatoes California Vegetables Fruit Cup Whole Wheat Bread  | Pub Fish on a Whole Wheat Bun w/Tartar Sauce Lettuce Wedges Rhubarb Crisp w/Whipped Topping |
| 14 | 15 | 16 | 17 | 18 |
| Chicken Kiev Au Gratin Potatoes Country Vegetables Cherry Cha Cha Croissant | Beef Stew Over Biscuit Cottage Cheese Peaches | Shrimp Alfredo Over Pasta Raspberry Vinaigrette Salad Cookie & Fruit Cup Whole Wheat Dinner Roll | Breaded Chicken on a Whole Wheat Bun Lettuce & Mayo Baby Bakers Wax Beans Apple Crisp W/Whipped Topping | Salisbury Steak Mashed Potatoes Malibu Vegetables Angel Food Cake W/Strawberries & Whipped Topping Whole Wheat Bread |
| President's Day 21 | 22 | 23 | 24 | 25 |
| CLOSED  Presidents Day | Chicken Tortellini Casserole California Vegetables Brownie Mandarin Oranges Croissant | Baked Ham Au Gratin Potatoes Peas & Cheese Salad Poke Cake Whole Wheat Dinner Roll | Beef Tips W/Gravy Mashed Potatoes Mixed Vegetables Cookie & Fruit Cup Whole Wheat Bread | Lemon Pepper Fish W/Tartar Sauce Rosemary Potatoes Creamed Corn Vanilla Pudding W/Bananas Whole Wheat Dinner Roll |
| 28 | | | | |
| BBQ Chicken Breast Scalloped Potatoes Green Beans Fruit Cup Croissant |  | |  | |