

September 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 Pulled Pork Sandwich on a Whole Wheat Bun Calico Beans Confetti Coleslaw Fresh Fruit	2 Chicken Veronique Baked Sweet Potato Winter Blend Vegetables Peaches Monster Cookie Whole Wheat Dinner Roll
5	6	7	8	9
	Chicken Moutarde Smashed Potatoes Diced Beets Fresh Fruit Whole Wheat Dinner Roll	Spaghetti with Meat Sauce Steamed Broccoli Pears Carrot Cake Garlic Breadstick	Fish Sandwich on a Whole Wheat Bun Tartar Sauce Au Gratin Potatoes Creamy Cucumbers Fresh Fruit	Lawry's Chicken Breast Cheesy Whipped Potatoes Candied Carrots Cherry Jell-O with Peaches & Whipped Topping Whole Wheat Dinner Roll
12	13	14	15	16
Country Meatballs Mashed Potatoes Stewed Tomatoes Mandarin Oranges Whole Wheat Bread	Cheesy Egg Bake Sausage Link Mixed Vegetables Fresh Fruit Whole Wheat Bread	Salsa Chicken Breast Rice & Beans Tossed Salad with Ranch Fresh Fruit Cranberry White Chocolate Cookie	Polish Sausage with Sauerkraut Hot Dog Bun Steamed Cauliflower Mixed Berries	Beef Stroganoff Noodles Corn Tropical Fruit Fudge Brownie
19	20	21	22	23
Sloppy Joe with Whole Wheat Bun Rosemary Roasted Potatoes Key West Blend Vegetables Fruit Cocktail	Chicken Parmesan Noodles Green Beans Peaches Garlic Breadstick	Lutheran Hotdish Peas Applesauce M & M Brownie Whole Wheat Dinner Roll	Baked Ham Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Dinner Roll	Salmon with Hollandaise Sauce Vegetable Rice Pilaf Broccoli Salad Mangos Pumpkin Bar
26	27	28	29	30
Chicken Wild Rice Hotdish California Blend Vegetables Pears Sister Shubert Roll	Sweet & Sour Meatballs Brown Rice Peas & Carrots Mandarin Oranges	Lemon Pepper Fish Parmesan Garlic Whipped Potatoes Winter Blend Vegetables Apple Crisp & Whipped Topping Whole Wheat Dinner Roll	Hamburger with Lettuce Tomato and Onion on a Whole Wheat Bun Potato Salad Steamed Baby Carrots Fresh Fruit	Buttermilk Chicken Brown Sugar Baked Squash Wax Beans Tropical Fruit Peanut Butter Cookie Whole Wheat Bread