

September 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
		Lisbon 683-4295 Enderlin 437-2669 Milnor 427-9327 Cogswell 724-3024 Forman 724-3928 Rutland 724-4074	Pulled Pork Sandwich on a Whole Wheat Bun Calico Beans Confetti Coleslaw Fresh Fruit	Dijon Chicken Baked Sweet Potato Winter Blend Vegetables Peaches Monster Cookie Whole Wheat Dinner Roll
5	6	7	8	9
	Polish Sausage with Sauerkraut Hot Dog Bun Steamed Cauliflower Mixed Berries	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
Salsa Chicken Breast Rice & Beans Tossed Salad with Ranch Fresh Fruit Cranberry White Chocolate Cookie	Cheesy Egg Bake Sausage Link Mixed Vegetables Fresh Fruit Whole Wheat Bread	Country Meatballs Mashed Potatoes Stewed Tomatoes Mandarin Oranges Whole Wheat Bread	Creamy Chicken Smashed Potatoes Diced Beets Fresh Fruit Whole Wheat Dinner Roll	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	Ham & Cheese Whole Wheat Bun Tator Tots Mixed Vegetables Fruited Jell-O w/Whipped Topping	Salmon with Hollandaise Sauce Vegetable Rice Pilaf Broccoli Salad Mangos Pumpkin Bar
26	27	28	29	30
Chicken Salad Sandwich w/ Lettuce, Onion, Tomato Whole Wheat Bun Cucumber Salad Fruit Cookie	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