





September 2022

VALLEY SENIOR SERVICES- WEST FARGO MEALS ON WHEELS, CONGREGATE & TAKE OUT MEALS

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**
Menu Subject to Change

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Pork Burger on a Whole Wheat Bun Calico Beans Curly Fries Fresh Fruit	Potato and Hamburger Hotdish Winter Blend Vegetables Cookie Fruit Cup
5	6	7	8	9
	Chicken Moutarde Au Gratin Potatoes Diced Beets Fruit Cup Whole Wheat Dinner Roll	Pork Chop w/Gravy Mashed Potatoes California Vegetables Jell-O w/Fruit & Whipped Topping Croissant	Taco Casserole w/Lettuce, Cheese & Chips Chuckwagon Corn Brownie Fruit Cup Corn Bread	Pub Fish on a Whole Wheat Bun Baby Baker Potatoes Creamed Peas Sliced Tomatoes Carmel Apple Salad
12	13	14	15	16
Salsa Chicken Breast Blended Rice Mixed Vegetables Fruit Cup Garlic Toast	Country Meatballs Mashed Potatoes Green Beans Fresh Fruit Whole Wheat Bread	BBQ Ribs Baked Potato w/Sour Cream Broccoli & Cauliflower Apple Crisp & Whipped Topping Croissant	Breaded Chicken on a Whole Wheat Bun Pasta Cheese Salad Wax Beans Fruit Cup	Spaghetti with Meat Sauce Mixed Vegetables Cookie Fruit Cup Garlic Breadstick
19	20	21	22	23
Pepper Steak Fried Rice California Vegetables Fresh Fruit	Chicken Parmesan Noodles Green Beans Fruit Cup Garlic Toast	Baked Ham Scalloped Potatoes Lettuce Salad w/Dressing Pears Whole Wheat Dinner Roll	Chicken Noodle Hotdish Baby Carrots Fresh Fruit White Cake w/Lemon Sauce Whole Wheat Bread	Salmon with Hollandaise Sauce Vegetable Rice Pilaf Broccoli Salad Mangos Cookie
26	27	28	29	30
Tater Tot Hotdish Prince Edward Vegetables Sliced Tomatoes Fruit Cup Corn Bread	BBQ Chicken Breast Au Gratin Potatoes Peas & Carrots Whipped Jell-O w/Fruit Whole Wheat Bread	Roast Beef Mashed Potatoes w/Gravy Broccoli Lemon Fruit Salad Whole Wheat Dinner Roll	Polish Sausage with Sauerkraut Hot Dog Bun Vegetable Pasta Salad Baked Beans Mixed Berries	Buttermilk Chicken Baked Sweet Potato Wax Beans Cherry Salad Whole Wheat Bread