

October 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
3	4	5	6	7
Herb Crusted Fish Baked Sweet Potato Creamed Peas Apricots Whole Wheat Dinner Roll	Cheeseburger Hotdish Candied Carrots Fresh Fruit Whole Wheat Dinner Roll	Ranch Chicken Breast Au Gratin Potatoes Steamed Broccoli Peaches German Chocolate Cake Whole Wheat Bread	Salisbury Steak Mashed Potatoes & Gravy Stewed Tomatoes Pears Whole Wheat Dinner Roll	Bronze Pork Loin Cheesy Whipped Potatoes Confetti Coleslaw Fruit Cocktail Molasses Cookie Whole Wheat Dinner Roll
10	11	12	13	14
Gjetost Chicken Smashed Potatoes Monte Carlo Vegetables Mandarin Oranges Whole Wheat Bread	Biscuits & Gravy Sausage Link Mixed Vegetables Fresh Fruit 	Citrus Glazed Baked Fish Tartar Sauce Rice Pilaf Lettuce Salad w/Dressing Fresh Fruit Chocolate Chip Cookie	Lasagna Green Beans Mixed Berries Garlic Breadstick	BBQ Chicken Breast Potato Salad Corn Peach Crisp & Whipped Topping Whole Wheat Bun
17	18	19	20	21
Smothered Pork Chop Mashed Potatoes Diced Beets Tropical Fruit Whole Wheat Bread	Chili Baked Potato w/Sour Cream California Blend Vegetables Peaches Corn Bread Muffin	Tuna Noodle Hotdish Creamy Cucumbers Mangos Hershey Brownie Sister Shubert Roll	Swedish Meatballs Mashed Potatoes Steamed Baby Carrots Fresh Fruit Whole Wheat Dinner Roll	Teriyaki Chicken Brown Rice Garlic Ginger Green Beans Pears Peach Kuchen Bar
24	25	26	27	28
Beef Stew Steamed Cauliflower Pineapple Tidbits Biscuit	Herb Crusted Chicken Parmesan Garlic Potatoes Chateau Blend Vegetables Peaches Whole Wheat Dinner Roll	Scalloped Potatoes w/Ham Peas & Carrots Orange Jell-O w/Mandarin Oranges & Whipped Topping Whole Wheat Dinner Roll	Hamburger with Lettuce Tomato and Onion on a Whole Wheat Bun Pasta Salad Baked Beans Fresh Fruit	Chicken Alfredo Whole Wheat Noodles Winter Blend Vegetables Fruit Cocktail Blonde Brownie
31	  			
Tater Tot Hotdish Steamed Broccoli Pears Pumpkin Crisp Whole Wheat Dinner Roll				