

# October 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
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Ranch Chicken Breast Au Gratin Potatoes Broccoli Peaches Whole Wheat Bread	Cheeseburger Hotdish Candied Carrots Fresh Fruit Cookie Whole Wheat Dinner Roll	Pork Roast Mashed Potatoes & Gravy Corn Coleslaw German Chocolate Cake Fruit Cocktail Croissant	Herb Crusted Fish Sweet Potato Creamed Peas Apricots Whole Wheat Dinner Roll	Sloppy Joe on a Whole Wheat Bun Pasta Vegetable Salad Baked Beans Fruit Cocktail
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Breast Smashed Potatoes & Gravy Monte Carlo Vegetables Mandarin Oranges Whole Wheat Bread	Lasagna Green Beans Mixed Berries Garlic Breadstick	Salisbury Steak Mashed Potatoes & Gravy Mixed Vegetables Pears Cookie Whole Wheat Dinner Roll	BBQ Chicken Breast Potato Salad Corn Peach Crisp & Whipped Topping Croissant	Tuna Noodle Hotdish Creamy Cucumbers Mangos Rice Krispie Bar Whole Wheat Bread
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Swedish Meatballs Mashed Potatoes Roasted Carrots Fresh Fruit Whole Wheat Dinner Roll	Teriyaki Chicken Rice Blend Garlic Ginger Green Beans Pears Lemon Bar Garlic Toast	Smothered Pork Chops Mashed Potatoes Diced Beets Tropical Fruit Brownie Croissant	Chili Baked Potato w/cheese & Sour Cream California Blend Vegetables Peaches Corn Bread	Chicken Noodle Hotdish Prince Edward Vegetables Lettuce Salad w/Dressing Apple Crisp & Whipped Topping Whole Wheat Bread
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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 Pumpkin Crisp & Whipped Topping Orange Croissant	Hamburger with Lettuce Tomato and Onion on a Whole Wheat Bun Pasta Salad Baked Beans Fresh Fruit	Pecan Fish Cheesy Hashbrowns Monte Carlo Vegetables Fruit Cup Whole Wheat Bread
<b>31</b>				
Beef Stroganoff Over Noodles Broccoli Lettuce Salad w/Dressing Fresh Fruit Whole Wheat Dinner Roll				