

# FARGO MENU

Month of June Meals on Wheels, Congregate & Take Out Meals -

To Make a Reservation at Your Local Meal Site, Please Call before 12:00 Noon one day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Diced Pears Whole Wheat Bread x2	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Carrots Steamed Green Beans Whole Wheat Bread	Chicken Fajita w/Picante Sauce Whole Wheat Tortilla Brown Rice Steamed Corn Best Black Beans Cherry Jello w/Pineapple	Bronze Pork Chop Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	Chicken Salad Whole Wheat Bun Grape Tomatoes Cucumber Slices Fresh Fruit
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	Pork Roast w/Gravy Smashed Potatoes Confetti Coleslaw Fresh Fruit WW Bread x2	Country Meatballs Mashed Potatoes Steamed Broccoli Diced Peaches Whole Grain Breadstick	Stir Fry Pork Brown Rice Mixed Vegetables Tossed Salad Cinnamon Applesauce Whole Wheat Bread
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Salisbury Steak Mashed Potatoes Stewed Tomatoes Fruit Cocktail Whole Wheat Bread x2	Chicken Wild Rice Steamed Corn Green Beans Pears Whole Wheat Dinner Roll	Citrus Glazed Fish Vegetable Rice Pilaf Baked Sweet Potato Seasoned Peas Diced Peaches Whole Wheat Bread	Smothered Chicken Cheesy Mashed Potatoes California Blend Vegetables Orange Jello w/Mandarin Oranges Whole Wheat Bread x2	Sloppy Joe Whole Wheat Bun Baked Potato Parslied Carrots Apple Crisp
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Chicken Veronique Baked Sweet Potato Diced Beets Diced Pears Whole Wheat Bread x2	Sweet & Sour Meatballs Brown Rice Steamed Broccoli Mixed Vegetables Fresh Fruit Whole Wheat Bread	Pork Chop w/Gravy Smashed Potatoes Confetti Coleslaw Applesauce Whole Wheat Bread x2	Salsa Chicken Brown Rice Steamed Baby Carrots Seasoned Green Beans Whole Wheat Bread Fresh Fruit	Cheesy Egg Bake Steamed Cauliflower Steamed Peas Whole Wheat Bread x2 100% OJ Fruit Punch Blend
<b>29</b>	<b>30</b>			
BBQ Chicken Thigh Baked Potato Maple Dijon Brussels Sprouts Mandarin Oranges Whole Wheat Bread x2	Tuna Noodle Hotdish Peas & Carrots Steamed Green Beans Fresh Fruit Whole Wheat Bread			



FOR MEALS ON WHEELS, CONTACT THE MAIN OFFICE  
AT 701-293-1440  
ALL MEALS INCLUDE 8 OZ 1% MILK  
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

# WEST FARGO & CASSELTON MENU

08

Month of June Meals on Wheels, Congregate & Take Out Meals -

WFACP - West Fargo High Rise, 230 8<sup>th</sup> Ave West (M-F) & Martin's Lutheran Church, Casselton (M-Th-F)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
Baked Chicken Rosemary Roasted Potatoes Diced Beets Diced Pears Whole Wheat Bread	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Carrots Steamed Green Beans Whole Wheat Bread	Chicken Fajita w/Picante Sauce Whole Wheat Tortilla Brown Rice Steamed Corn Best Black Beans Cherry Jello w/Pineapple	Bronze Pork Chop Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread	Chicken Salad Whole Wheat Bun Grape Tomatoes Cucumber Slices Fresh Fruit
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Banana Whole Wheat Bread	Tarragon Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Whole Wheat Bread 100% Grape Juice	Country Meatballs Mashed Potatoes Steamed Broccoli Diced Peaches Whole Grain Breadstick	Stir Fry Pork Brown Rice Mixed Vegetables Tossed Salad Cinnamon Applesauce Whole Wheat Bread
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Salisbury Steak Mashed Potatoes Stewed Tomatoes Fruit Cocktail Whole Wheat Bread	Chicken Wild Rice Steamed Corn Green Beans Pears Whole Wheat Dinner Roll	Citrus Glazed Fish Vegetable Rice Pilaf Baked Sweet Potato Seasoned Peas Diced Peaches Whole Wheat Bread	Smothered Chicken Cheesy Mashed Potatoes California Blend Vegetables Orange Jello w/Mandarin Oranges Whole Wheat Bread	Sloppy Joe Whole Wheat Bun Baked Potato Parslied Carrots Apple Crisp
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Chicken Veronique Baked Sweet Potato Diced Beets Diced Pears Whole Wheat Bread	Sweet & Sour Meatballs Brown Rice Steamed Broccoli Mixed Vegetables Fresh Fruit Whole Wheat Bread	Pork Chop w/Gravy Mashed Potatoes Coleslaw Applesauce Whole Wheat Bread	Cheesy Egg Bake Steamed Cauliflower Steamed Peas Whole Wheat Bread x2 100% OJ Fruit Punch Blend	Salsa Chicken Brown Rice Steamed Baby Carrots Seasoned Green Beans Whole Wheat Bread Fresh Fruit
<b>29</b>	<b>30</b>			
BBQ Chicken Baked Potato Maple Dijon Brussels Sprouts Mandarin Oranges Whole Wheat Bread	Tuna Noodle Hotdish Peas & Carrots Steamed Green Beans Fresh Fruit Whole Wheat Bread			



FOR MEALS ON WHEELS, CONTACT THE MAIN OFFICE  
AT 701-293-1440  
ALL MEALS INCLUDE 8 OZ 1% MILK  
MENU SUBJECT TO CHANGE

TO RESERVE A MEAL AT A SITE, PLEASE CALL  
BEFORE NOON AT LEAST ONE DAY IN ADVANCE:  
WEST FARGO.....551-5881  
CASSELTON....347-8219