

FARGO MENU

Month of September 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
	01	02	03	04
	Sweet & Sour Meatballs Brown Rice Steamed Green Beans Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread	Beef Tacos w/Cheese Shredded Lettuce 2 WW Tortillas Black Beans Fresh Fruit	Pulled Pork Whole Wheat Bun Potato Salad Steamed Corn Warm Cinnamon Apples	Chicken Kiev Baked Sweet Potato Peas & Carrots Whole Wheat Bread x2 Mandarin Oranges
07	08	09	10	11
	Beef Stroganoff Noodles Steamed Green Beans Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	Braised Pork Chop Baked Sweet Potato Brussels Sprouts Rosy Applesauce Whole Wheat Bread x2	PICNIC Shredded BBQ Chicken Whole Wheat Bun Baked Beans Potato Salad Watermelon	Swedish Meatballs Mashed Potatoes Stewed Tomatoes Diced Strawberries Angel Food Cake
14	15	16	17	18
BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Fruit Cocktail	Dijon Chicken Smashed Potatoes California Blend Vegetables Fresh Fruit Whole Wheat Bread x2	Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Diced Pears Whole Wheat Bread	Smothered Pork Chop Baked Potato Hawaiian Coleslaw Cinnamon Applesauce Whole Wheat Bread x2	Meatsauce Whole Grain Rotini Pasta Steamed Cauliflower Crinkle Cut Carrots Mandarin Oranges Whole Wheat Breadstick
21	22	23	24	25
Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Diced Pears Whole Wheat Bread x2	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Carrots Green Beans Fresh Fruit Whole Wheat Bread	Cabbage Roll Parsley Buttered Potatoes Seasoned Broccoli Diced Peaches Whole Wheat Bread x2	Chicken & Noodles Mixed Vegetables Tossed Salad Strawberry Jello w/Pineapple Whole Wheat Bread	Bronze Pork Chop Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2
28	29	30		
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	Tarragon Chicken Parsley Buttered Potatoes Crinkle Cut Carrots 100% Grape Juice Whole Wheat Bread x2		

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

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Month of September Meals on Wheels, Congregate & Take Out Meals -
WFACP - West Fargo High Rise, 230 8th Ave West (M-F) & Martin's Lutheran Church, Casselton (T-Th-F)

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	Sweet & Sour Meatballs Brown Rice Steamed Green Beans Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread	Beef Tacos w/Cheese Shredded Lettuce 2 WW Tortillas Black Beans Fresh Fruit	Chicken Kiev Baked Sweet Potato Peas & Carrots Whole Wheat Bread x2 Mandarin Oranges	Pulled Pork Whole Wheat Bun Potato Salad Steamed Corn Warm Cinnamon Apples
07	08	09	10	11
	Shredded BBQ Chicken Whole Wheat Bun Baked Beans Potato Salad Watermelon	Braised Pork Chop Baked Sweet Potato Brussels Sprouts Rosy Applesauce Whole Wheat Bread	Beef Stroganoff Noodles Steamed Green Beans Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	Swedish Meatballs Mashed Potatoes Stewed Tomatoes Diced Strawberries Angel Food Cake
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BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Fruit Cocktail	Dijon Chicken Smashed Potatoes California Blend Vegetables Fresh Fruit Whole Wheat Bread	Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Diced Pears Whole Wheat Bread	Smothered Pork Chop Baked Potato Hawaiian Coleslaw Cinnamon Applesauce Whole Wheat Bread	Meatsauce Whole Grain Rotini Pasta Steamed Cauliflower Crinkle Cut Carrots Mandarin Oranges Whole Wheat Breadstick
21	22	23	24	25
Baked Chicken Rosemary Roasted Potatoes Diced Beets Diced Pears Whole Wheat Bread	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Carrots Green Beans Fresh Fruit Whole Wheat Bread	Cabbage Roll Parsley Buttered Potatoes Seasoned Broccoli Diced Peaches Whole Wheat Bread	Chicken & Noodles Mixed Vegetables Tossed Salad Strawberry Jello w/Pineapple Whole Wheat Bread	BroNze Pork Chop Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread
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BEFORE NOON AT LEAST ONE DAY IN ADVANCE:
WEST FARGO.....551-5881
CASSELTON....347-8219