07

# FARGO MENU

**Month of November 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 |
|---|---|---|---|---|
| **02** | **03** | **04** | **05** | **06** |
| Herb Baked Fish<br>Brown Rice<br>Parslied Carrots<br>Steamed Broccoli<br>WW Bread<br>Diced Pears | Beef Stroganoff<br>Noodles<br>Steamed Green Beans<br>Steamed Baby Carrots<br>WW Bread<br>Fresh Fruit | Rosemary Orange Chicken<br>Parmesan Garlic Potatoes<br>Brussels Sprouts<br>WW Bread x2<br>Rosy Applesauce | Braised Pork Chop<br>Baked Sweet Potato<br>Tossed Salad<br>WW Bread x2<br>Diced Peaches | Swedish Meatballs<br>Mashed Potatoes<br>Stewed Tomatoes<br>Whole Grain Dinner Roll<br>Lime Jello w/Peaches |
| **09** | **10** | **11** | **12** | **13** |
| BBQ Beef Patty<br>WW Bun<br>Baked Beans<br>Steamed Corn<br>Fruit Cocktail | Dijon Chicken<br>Smashed Potatoes<br>California Blend Vegetables<br>WW Bread x2<br>Fresh Fruit | CLOSED<br> | Smothered Pork Chop<br>Baked Potato<br>Hawaiian Coleslaw<br>WW Bread x2<br>Cinnamon Applesauce | WW Rotini Pasta w/Meatsauce<br>Crinkle Cut Carrots<br>Steamed Cauliflower<br>WW Breadstick<br>Mandarin Oranges |
| **16** | **17** | **18** HOLIDAY MEAL | **19** | **20** |
| Baked Chicken Thigh<br>Rosemary Roasted Potatoes<br>Beets<br>WW Bread x2<br>Diced Pears | Lemon Pepper Fish<br>Vegetable Rice Pilaf<br>Creamed Carrots<br>Green Beans<br>Fresh Fruit | Roast Turkey<br>Mashed Potatoes w/low-sodium gravy<br>Dressing<br>Glazed Carrots<br>Cranberries<br>Pumpkin Bar | Chicken & Noodles<br>Steamed Broccoli<br>Mixed Vegetables<br>WW Bread<br>Pineapple Tidbits | Bronze Pork Chop<br>Baked Potato<br>Seasoned Brussels Sprouts<br>WW Bread x2<br>Fresh Fruit |
| **23** | **24** | **25** | **26** | **27** |
| Breaded Fish Fillet<br>WW Bun<br>Baked Sweet Potato<br>Green Beans<br>Almondine<br>Mandarin Oranges | Tarragon Chicken<br>Parsley Buttered Potatoes<br>Crinkle Cut Carrots<br>WW Bread x2<br>100% Grape Juice | Country Meatballs<br>Mashed Potatoes<br>Steamed Broccoli<br>WW Bread x2<br>Diced Peaches | CLOSED<br> | CLOSED |
| **30** | | | | |
| Chicken Wild Rice<br>Steamed Corn<br>Green Beans<br>Whole Wheat Bread<br>Diced Pears | | | | |



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 November 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)**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **02** | **03** | **04** | **05** | **06** |
| Herb Baked Fish<br>Brown Rice<br>Parslied Carrots<br>Steamed Broccoli<br>WW Bread<br>Diced Pears | Beef Stroganoff<br>Noodles<br>Steamed Green Beans<br>Steamed Baby Carrots<br>WW Bread<br>Fresh Fruit | Rosemary Orange Chicken<br>Parmesan Garlic Potatoes<br>Brussels Sprouts<br>WW Bread<br>Rosy Applesauce | Braised Pork Chop<br>Baked Sweet Potato<br>Tossed Salad<br>WW Bread<br>Diced Peaches | Swedish Meatballs<br>Mashed Potatoes<br>Stewed Tomatoes<br>Whole Grain Dinner Roll<br>Lime Jello w/Peaches |
| **09** | **10** | **11** | **12** | **13** |
| BBQ Beef Patty<br>WW Bun<br>Baked Beans<br>Steamed Corn<br>Fruit Cocktail | Dijon Chicken<br>Smashed Potatoes<br>California Blend Vegetables<br>WW Bread<br>Fresh Fruit | CLOSED<br>Veteran's Day | Smothered Pork Chop<br>Baked Potato<br>Hawaiian Coleslaw<br>WW Bread<br>Cinnamon Applesauce | WW Rotini Pasta w/Meatsauce<br>Crinkle Cut Carrots<br>Steamed Cauliflower<br>WW Breadstick<br>Mandarin Oranges |
| **16** | **17** | **18** | **19** HOLIDAY MEAL | **20** |
| Baked Chicken<br>Rosemary Roasted Potatoes<br>Beets<br>WW Bread<br>Diced Pears | Lemon Pepper Fish<br>Vegetable Rice Pilaf<br>Creamed Carrots<br>Green Beans<br>Fresh Fruit | Chicken & Noodles<br>Steamed Broccoli<br>Mixed Vegetables<br>WW Bread<br>Pineapple Tidbits | Roast Turkey<br>Mashed Potatoes w/ low-sodium gravy<br>Dressing<br>Glazed Carrots<br>Cranberries<br>Pumpkin Bar | Bronze Pork Chop<br>Baked Potato<br>Seasoned Brussels Sprouts<br>WW Bread<br>Fresh Fruit |
| **23** | **24** | **25** | **26** | **27** |
| Country Meatballs<br>Mashed Potatoes<br>Steamed Broccoli<br>WW Bread<br>Diced Peaches | Tarragon Chicken<br>Parsley Buttered Potatoes<br>Crinkle Cut Carrots<br>WW Bread<br>100% Grape Juice | Breaded Fish Fillet<br>WW Bun<br>Baked Sweet Potato<br>Green Beans<br>Almondine<br>Mandarin Oranges | CLOSED<br>Happy Thanksgiving | CLOSED |
| **30** | | | | |
| Chicken Wild Rice<br>Steamed Corn<br>Green Beans<br>Whole Wheat Bread<br>Diced Pears | | | | |

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