07

FARGO MENU

Month of December 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**
	Salisbury Steak Mashed Potatoes Stewed Tomatoes WW Bread x2 Tropical Fruit	Citrus Glazed Fish Vegetable Rice Pilaf Baked Sweet Potato Seasoned Peas Whole Wheat Bread Applesauce	Chili Baked Potato w/sour cream Parslied Carrots Saltine Crackers Diced Peaches	Smothered Garden Chicken Cheesy Mashed Potatoes California Blend Veggies WW Bread x2 Orange Jello w/ mandarin oranges
07	**08**	**09**	**10**	**11**
BBQ Chicken Thigh Baked Potato w/sour cream Maple Dijon Brussels Sprouts WW Bread x2 Diced Pears	Tuna Noodle Hotdish Peas & Carrots Steamed Green Beans Whole Wheat Bread Fresh Fruit	Orange Chicken Dumplings Crinkle Cut Carrots Winter Blend Vegetables 100% Apple Juice	Hamburger Whole Wheat Bun Baked Beans Potato Salad Warm Cinnamon Apples	Chicken Fajita Whole What Tortilla Brown Rice Steamed Corn Broccoli Pineapple Tidbits
14	**15**	**16** HOLIDAY MEAL	**17**	**18**
Chicken Veronique Baked Sweet Potato Diced Beets WW Bread x2 Diced Peaches	Beef Stroganoff Noodles Baby Carrots Green Beans WW Bread Fresh Fruit	Ham & Raisin Sauce Smashed Potatoes Scalloped Corn Sister Schubert's Roll Lefse w/Brown Sugar Cranapple Crisp	Salsa Chicken Brown Rice Steamed Cauliflower Seasoned Green Beans WW Bread Cherry Jello w/Pineapple	Cheesy Egg Bake Steamed Peas California Blend Vegetables WW Bread x2 100% Orange Juice
21	**22**	**23**	**24**	**25**
Ranch Chicken Thigh Baked Potato w/Sour Cream Mixed Vegetables WW Bread x2 Diced Pears	Sweet & Sour Meatballs Brown Rice Steamed Green Beans Crinkle Cut Carrots WW Bread Fresh Fruit	Beef Tacos w/Cheese, Lettuce, & Picante WW Tortillas x2 Best Black Beans Fresh Fruit	Chicken Pot Pie Filling on WW Biscuit Steamed Broccoli Warm Cinnamon Apples	CLOSED 
28	**29**	**30**	**31**	
Herb Baked Fish Brown Rice Parslied Carrots California Blend Diced Peaches	Tater Tot Hotdish Steamed Broccoli WW Bread x2 Red Delicious Apple	Rosemary Orange Chicken Parmesan Garlic Potatoes Steamed Brussels Sprouts WW Bread x2 Diced Pears	Braised Pork Chop Baked Sweet Potato Tossed Salad w/Ranch WW Bread x2 Rosy Applesauce	

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 December 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
	01	**02**	**03**	**04**
	Salisbury Steak Mashed Potatoes Stewed Tomatoes WW Bread x2 Tropical Fruit	Citrus Glazed Fish Vegetable Rice Pilaf Baked Sweet Potato Seasoned Peas Whole Wheat Bread Applesauce	Chili Baked Potato w/sour cream Parslied Carrots Saltine Crackers Diced Peaches	Smothered Garden Chicken Cheesy Mashed Potatoes California Blend Veggies WW Bread x2 Orange Jello w/Oranges
07	**08**	**09**	**10**	**11**
BBQ Chicken Baked Potato w/sour cream Maple Dijon Brussels Sprouts WW Bread x2 Diced Pears	Tuna Noodle Hotdish Peas & Carrots Steamed Green Beans Whole Wheat Bread Fresh Fruit	Orange Chicken Dumplings Crinkle Cut Carrots Winter Blend Vegetables 100% Apple Juice	Chicken Fajita Whole What Tortilla Brown Rice Steamed Corn Broccoli Pineapple Tidbits	Hamburger Whole Wheat Bun Baked Beans Potato Salad Warm Cinnamon Apples
14	**15**	**16**	**17** HOLIDAY MEAL	**18**
Chicken Veronique Baked Sweet Potato Diced Beets WW Bread x2 Diced Peaches	Beef Stroganoff Noodles Baby Carrots Green Beans WW Bread Fresh Fruit	Salsa Chicken Brown Rice Stamed Cauliflower Seasoned Green Beans WW Bread Cherry Jello w/Pineapple	Ham & Raisin Sauce Mashed Potatoes Scalloped Corn Sister Schubert's Roll Lefse w/Brown Sugar Fruited Crisp	Cheesy Egg Bake Steamed Peas California Blend Vegetables WW Bread x2 100% Orange Juice
21	**22**	**23**	**24**	**25**
Chicken Pot Pie Filling on WW Biscuit Steamed Broccoli Warm Cinnamon Apples	Sweet & Sour Meatballs Brown Rice Steamed Green Beans Crinkle Cut Carrots WW Bread Fresh Fruit	Beef Tacos w/Cheese, Lettuce, & Picante WW Tortillas x2 Best Black Beans Fresh Fruit	Ranch Chicken Baked Potato w/Sour Cream Mixed Vegetables WW Bread x2 Diced Pears	CLOSED
28	**29**	**30**	**31**	
Braised Pork Chop Baked Sweet Potato Tossed Salad w/Ranch WW Bread x2 Rosy Applesauce	Tater Tot Hotdish Steamed Broccoli WW Bread x2 Red Delicious Apple	Rosemary Orange Chicken Parmesan Garlic Potatoes Steamed Brussels Sprouts WW Bread x2 Diced Pears	Herb Baked Fish Brown Rice Parslied Carrots California Blend Diced Peaches	



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