

APRIL 2024

VALLEY SENIOR SERVICES- FARGO MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

TO MAKE A RESERVATION AT YOUR LOCAL MEAL SITE PLEASE CALL THE NUMBER TO THE RIGHT BEFORE 12:00 NOON ONE DAY IN ADVANCE
FOR MEALS ON WHEELS CONTACT THE MAIN OFFICE AT **701-293-1440**

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

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Pears	Provider Choice Buttermilk Chicken Sister Shubert Roll Roasted Garlic Whipped Potatoes Glazed Carrots Peach Kuchen	Smothered Pork Chop Baked Potato w/sour cream Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	Dijon Chicken Smashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread x2	Spaghetti w/ Meatsauce Noodles Steamed Cauliflower Green Beans Pineapple Tidbits
8	9	10	11	12
Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread x2	Bronze Pork Loin Scalloped Potatoes Seasons Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	Chicken & Noodles Tossed Salad w/ dressing Mixed Vegetables Applesauce Whole Wheat Bread	Meatloaf Baked Potato w/sour cream Stewed Tomatoes Blushing Pears Whole Wheat Bread x2
15	16	17	18	19
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 Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	Sweet & Sour Pork Brown Rice Whole Wheat Bread Tossed Salad w/dressing Mixed Vegetables Cinnamon Applesauce	Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread x2
22	23	24	25	26
Chicken Wild Rice Hotdish Steamed Corn California Blend Veggies Pineapple Tidbits Whole Wheat Bread	Salisbury Steak Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	Sloppy Joe Whole Wheat Bun Potato Salad Parslied Carrots Warm Cinnamon Apples	Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
29	30			
Beef Stew Whole Wheat Biscuit Peas & Carrots Apricots	Tuna Pasta Hotdish Winter Blend Vegetables Green Beans Fresh Fruit Whole Wheat Bread			