

APRIL 2024

Meal reservations for WF High Rise - North Sky - WFACP
 Call **701-356-2047** one day in advance before 12:00 PM
 For Meals on Wheels contact the main office at **701-293-1440**
Menu subject to change

ALL MEALS INCLUDE 8 oz 1% MILK

Valley Senior Services &
 Meals on Wheels: 701.293.1440

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
BBQ Beef Sandwich Whole Wheat Bun Baked Beans Steamed Corn Pears	Provider Choice Homestyle Chicken Glazed Carrots Baby Bake Potato Dinner Roll Peach Kuchen	Smothered Pork Chop Baked Potato Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	Dijon Chicken Mashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread x2	Spaghetti w/ Meatsauce Noodles Steamed Cauliflower Green Beans Pineapple Tidbits
8	9	10	11	12
Pork Wing 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	Meatloaf Baked Potato Stewed Tomatoes Blushing Pears Whole Wheat Bread x2	Roasted Pork Loin Scalloped Potatoes Brussel Sprouts Fresh Fruit Whole Wheat Bread	Chicken & Noodles Tossed Salad Mixed Vegetables Apple Sauce Dinner Roll
15	16	17	18	19
Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread	Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	Sweet & Sour Pork Brown Rice Dinner Roll Tossed Salad Mixed Vegetables Cinnamon Applesauce	Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Dinner Roll
22	23	24	25	26
Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit 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 Wild Rice Hotdish Steamed Corn Californis Blend Veggies Pineapple Tidbits 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			