



AUGUST 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
				
5	6	7	8	9
Potato Chip Fish Baked Sweet Potato Green Beans Almondine Mandarin Oranges Whole Wheat Bun	Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread x2	Tarragon Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	Roasted Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread	Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread
12	13	14	15	16
Chicken Wild Rice Hotdish Steamed Corn California Blend Vegetables Pineapple Tidbits Whole Wheat Bread	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	Sloppy Joe Potato Salad Parslied Carrots Warm Cinnamon Apples Whole Wheat Bread	Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
19	20	21	22	23
Beef Stew Winter Blend Vegetables Apricots Whole Wheat Biscuit	Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Pasta	Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	Hamburger Whole Wheat Bun Baked Beans Tossed Salad Peaches	BBQ Chicken Baked Potato Maple Dijon Brussel Sprouts Fruit Pudding Whole Wheat Bread x2
26	27	28	29	30
Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread x2	Chicken Ala King Steamed Baby Carrots Seasoned Green Beans Fresh Fruit Whole Wheat Biscuit	Chicken Veronique Mashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2	Seasoned Pork Roast w/ Gravy Baked Sweet Potatoes Coleslaw Cinnamon Applesauce Whole Wheat Bread x2	Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2