

LISBON MENU (701-683-4295)

See pages 4-7 for all site menus-info on ordering a meal for all sites on page 2

VALLEY SENIOR SERVICES MEALS ON WHEELS & TAKE OUT/ MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$11.75 PER MEAL - SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Grapes Garlic Whole Grain Breadstick	Beef Lasagna Herbed Green Beans WG Breadstick Cantaloupe	Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Banana	Shepherds Pie Brussel Sprouts Mandarin Oranges Wheat Bread	Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail Wheat Dinner Roll
08	09	10	11	12
Chicken Fried Steak Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apples Wheat Bread X 2	Loaded Turkey Sandwich Fresh Veggies Corn & Black Bean Salad Strawberry Applesauce Hoagie Bun	BBQ Chicken Breast Baked Potato Seasoned Green Peas Watermelon Cake Wheat Bread x 2	Baked Fish w/ Dill Sauce Italian Pasta Salad Squash Medley Peaches Whole Grain Breadstick	Beef Stroganoff Parslied Noodles Spinach Cheese Salad Seasoned Carrots Blushing Pineapple Wheat Dinner Roll
15	16	17	18	19
Hamburger Baked Beans Fresh Fruit Lettuce/Tomato/Onion Whole Grain Bun	Sweet & Sour Pork Fried Rice House Salad Oriental Blend Veggies Chilled Pears Wheat Bread Cake	Root Beer Ribs Hash Brown Casserole Corn WB-2 Orange	Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple W Dinner Roll	Chicken Fettuccine Alfredo House Salad Riviera Blend Veggies Blueberry Cup Whole Grain Breadstick
22	23	24	25	26
Chicken Kiev O'Brien Potatoes Green Bean Oregano Kiwi Wheat Bread x 2	Turkey a la King Brown Rice Malibu Blend Veggies Fresh Grapes Biscuit	Roast Beef on Bun Oven Brownd Potatoes Steamed Beets Peaches	Herb Roasted Salmon Baked Potato Lemon Asparagus Pineapple Wheat Bread x 2	Tater Tot Casserole Southwest Corn Chilled Fruit Salad Wheat Bread
29	30			
Baked Pork Chop Garlic Mashed Potatoes Cabbage & Carrots Applesauce Wheat Bread	Zucchini & Cucumber Salad Grandmas Hotidsh Italian Green Beans Garlic WG Breadstick Honeydew			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Grapes	02 Baked Pork Chop Baked Potato Harvard Beets Peaches	03 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Banana	04 Shepherds Pie Brussel Sprouts Mandarin Oranges Wheat Bread	05 Salisbury Steak Mashed Potatoes Gravy Key West Blend Veggies Soft Fruit Cup
08 Chicken Fried Steak Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apples	09 Loaded Turkey Sandwich Fresh Veggies Corn & Black Bean Salad Strawberry Applesauce	10 BBQ Chicken Breast Baked Potato Seasoned Green Peas Watermelon Cake	11 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Peaches	12 Beef Stroganoff Parslied Noodles Spinach Cheese Salad Seasoned Carrots Blushing Pineapple
15 Hamburger Baked Beans Fresh Fruit Lettuce/Tomato/Onion	16 Sweet & Sour Pork Fried Rice House Salad Oriental Blend Veggies Chilled Pears	17 Root Beer Ribs Hash Brown Casserole Corn Orange	18 Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple	19 Chicken Fettuccine Alfredo House Salad Riviera Blend Veggies Blueberry Cup
22 Chicken Kiev O'Brien Potatoes Green Bean Oregano Kiwi	23 Turkey a la King Brown Rice Malibu Blend Veggies Fresh Grapes	24 Roast Beef on Bun Oven Browned Potatoes Steamed Beets Peaches	25 Herb Roasted Salmon Baked Potato Lemon Asparagus Pineapple	26 Tater Tot Casserole Southwest Corn Chilled Fruit Salad
29 Beef Lasagna Herbed Green Beans WG Breadstick Cantaloupe	30 Chicken Divan Casserole Brown Rice Mixed Veggies Whole Orange			

Recipe for Heart Health

Chopped Salad with Italian Vinaigrette

This chopped salad is a crisp, colorful mix of veggies. It's tossed with a zesty homemade vinaigrette, while chickpeas bring on the plant-based protein and fiber. Everything is chopped small for the perfect forkful every time.

ACTIVE TIME 25 minutes

TOTAL TIME 25 minutes

SERVINGS 4

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 1 teaspoon Italian seasoning
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper
- 2½ cups chopped kale
- 1½ cups chopped green cabbage
- 1 (15-ounce) can no-salt-added chickpeas, rinsed
- 1 cup quartered cherry tomatoes
- 1 small bell pepper, diced
- 1 small cucumber, diced
- ½ cup chopped parsley
- 2 scallions, sliced

DIRECTIONS

Whisk 3 tablespoons oil, 2 tablespoons vinegar, 1 teaspoon Italian seasoning, ½ teaspoon each onion powder, garlic powder and salt and ¼ teaspoon crushed red pepper together in a large bowl. Add 2½ cups kale; massage with the dressing until the kale is dark and shiny. Add 1½ cups cabbage, the rinsed chickpeas, quartered tomatoes, diced bell pepper, diced cucumber, ½ cup parsley and the sliced scallions; toss to coat. *Nutrition facts and more heart-healthy recipes can be found at eating.well.com.*

MILNOR (701-427-9327)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Baked Pork Chop Baked Potato Harvard Beets Peaches	03 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Banana	04 Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Grapes	05 Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail
09 Chicken Fried Steak Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apples	10 BBQ Chicken Breast Baked Potato Seasoned Green Peas Watermelon Cake	11 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Peaches	12 Beef Stroganoff Parslied Noodles Spinach Cheese Salad Seasoned Carrots Blushing Pineapple
16 Hamburger/Whole Grain Bun Baked Beans Fresh Fruit Lettuce/Tomato/Onion	17 Root Beer Ribs Hash Brown Casserole Corn Orange	18 Meatloaf Sandwich Garlic Parmesan French Fries Mixed Veggies Cantaloupe	19 Chicken Fettuccine Alfredo House Salad Riviera Blend Veggies Blueberry Cup
23 Chicken Kiev O'Brien Potatoes Green Bean Oregano Kiwi	24 Roast Beef on Bun Oven Browned Potatoes Steamed Beets Peaches	25 Herb Roasted Salmon Baked Potato Lemon Asparagus Pineapple	26 Tater Tot Casserole Southwest Corn Chilled Fruit Salad
30 Chicken Divan Casserole Brown Rice Mixed Veggies Whole Orange			

COGSWELL (701-724-3024) AND FORMAN (701-724-3928)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Baked Pork Chop Baked Potato Harvard Beets Peaches	03 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Banana	04 Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Grapes	05 Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail
09 Chicken Fried Steak Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apples	10 BBQ Chicken Breast Baked Potato Seasoned Green Peas Watermelon Cake	11 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Peaches	12 Beef Stroganoff Parslied Noodles Spinach Cheese Salad Seasoned Carrots Blushing Pineapple
16 Hamburger/Whole Grain Bun Baked Beans Fresh Fruit Lettuce/Tomato/Onion	17 Root Beer Ribs Hash Brown Casserole Corn Orange	18 Meatloaf Sandwich Garlic Parmesan French Fries Mixed Veggies Cantaloupe	19 Chicken Fettuccine Alfredo House Salad Riviera Blend Veggies Blueberry Cup
23 Chicken Kiev O'Brien Potatoes Green Bean Oregano Kiwi	24 Roast Beef on Bun Oven Browned Potatoes Steamed Beets Peaches	25 Herb Roasted Salmon Baked Potato Lemon Asparagus Pineapple	26 Tater Tot Casserole Southwest Corn Chilled Fruit Salad
30 Chicken Divan Casserole Brown Rice Mixed Veggies Whole Orange			

RUTLAND (701-724-4074)

07

TUESDAY	WEDNESDAY	THURSDAY
04 Baked Pork Chop / Baked Potato Harvard Beets / Peaches	05 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad / Banana	06 Steak & Mushroom Sauce / Mashed Potatoes Lemon Asparagus Fruit Cocktail
09 Chicken Fried Steak / Cream Gravy Roasted Red Potatoes Capri Blend Veggies / Apples	10 Beef Stroganoff / Parslied Noodles Spinach Cheese Salad / Seasoned Carrots Blushing Pineapple	11 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley / Peaches
16 Sweet & Sour Pork / Fried Rice House Salad / Oriental Blend Veggies Chilled Pears	17 Root Beer Ribs / Hash Brown Casserole Corn / Orange	18 Chicken Fettuccine Alfredo / House Salad Riviera Blend Veggies / Blueberry Cup
23 Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies / Grapes	24 Roast Beef on Bun Oven Browned Potatoes Steamed Beets / Peaches	25 Tater Tot Casserole Southwest Corn Chilled Fruit Salad
30 Chicken Divan Casserole Brown Rice / Mixed Veggies Whole Orange		

GWINNER (701)-678-3815

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Grapes	02 Spaghetti & Meat Sauce Green Beans WG Breadstick Apple	03 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Banana	04 Shepherds Pie Brussel Sprouts Mandarin Oranges Wheat Bread	05 Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail
08 Chicken Fried Steak Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apples	09 Loaded Turkey Sandwich Fresh Veggies Corn & Black Bean Salad Strawberry Applesauce	10 BBQ Chicken Breast Baked Potato Seasoned Green Peas Watermelon Cake	11 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Peaches	12 Beef Stroganoff Parslied Noodles Spinach Cheese Salad Seasoned Carrots Blushing Pineapple
15 Hamburger Baked Beans Fresh Fruit Lettuce/Tomato/Onion	16 Sweet & Sour Pork Fried Rice / House Salad Oriental Blend Veggies Chilled Pears	17 Root Beer Ribs Hash Brown Casserole Corn Orange	18 Meatloaf Sandwich Garlic Parmesan Fries Mixed Veggies Cantaloupe	19 Chicken Fettuccine Alfredo House Salad Riviera Blend Veggies Blueberry Cup
22 Chicken Kiev O'Brien Potatoes Green Bean Oregano Kiwi	23 Beef Soft Tacos-2 Spanish Rice Caribbean Veggie Blend Salsa/Guacamole Bananas & Oranges	24 Roast Beef on Bun Oven Browned Potatoes Steamed Beets Peaches	25 Herb Roasted Salmon Baked Potato Lemon Asparagus Pineapple	26 Tater Tot Casserole Southwest Corn Chilled Fruit Salad
29 Baked Pork Chop Garlic Mashed Potatoes Cabbage & Carrots Applesauce	30 Chicken Divan Casserole Brown Rice Mixed Veggies Whole Orange			