

# JUNE 2025

## 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**

| <b>2</b>   | <b>TUESDAY</b>  | <b>3</b>   | <b>WEDNESDAY</b>   | <b>4</b>  | <b>THURSDAY</b> | <b>5</b> | <b>FRIDAY</b> | <b>6</b> |
|--|---|--|--|---|-----------------|----------|---------------|----------|
| Tator Tot Hotdish<br>California Blend Vegetables<br>Pears<br>Whole Wheat Bread x2                        | Chicken Veronique<br>Baked Sweet Potato<br>Diced Beets<br>Fresh Fruit<br>Whole Wheat Bread x2             | Seasoned Pork Roast<br>w/Gravy<br>Smashed Potatoes<br>Confetti Coleslaw<br>Cinnamon Applesauce<br>Whole Wheat Bread x2 | Chicken Ala King<br>Noodles<br>Steamed Baby Carrots<br>Seasoned Green Beans<br>Fresh Fruit<br>Whole Wheat Breadstick                 | Cheesy Egg Bake<br>Steamed Peas<br>Steamed Cauliflower<br>Fresh Fruit<br>Whole Wheat Bread x2                             |                 |          |               |          |
| <b>9</b>   | <b>10</b>   | <b>11</b>  | <b>12</b>  | <b>13</b>   |                 |          |               |          |
| Ranch Chicken Thigh<br>Baked Potato<br>Mixed Vegetables<br>Peaches<br>Sour Cream<br>Whole Wheat Bread x2 | Cabbage Rolls<br>Parsley Buttered Potatoes<br>Seasoned Broccoli<br>Fresh Fruit<br>Whole Wheat Bread       | Taco Filling & Cheese<br>Whole Grain Tortilla x2<br>Black Beans<br>Shredded Lettuce<br>Fresh Fruit                     | Chicken Kiev<br>Scalloped Potatoes<br>Peas & Carrots<br>Mandarin Oranges<br>Whole Wheat Bread x2                                     | Pulled Pork Sandwich<br>Whole Wheat Bun<br>Potato Salad<br>Steamed Corn<br>Apple Crisp                                    |                 |          |               |          |
| <b>16</b>  | <b>17</b>   | <b>18</b>  | <b>19</b>  | <b>20</b>   |                 |          |               |          |
| Herb Baked Fish<br>Brown Rice<br>Parslied Carrots<br>Steamed Broccoli<br>Tropical Fruit                  | Beef Stroganoff<br>Noodles<br>Crinkle Cut Carrots<br>Mixed Vegetables<br>Fresh Fruit<br>Whole Wheat Bread | Braised Pork Chop<br>Baked Sweet Potatoes<br>Tossed Salad<br>Pineapple Tidbits<br>Whole Wheat Bread x2                 | Rosemary Orange Chicken<br>Parmesan Garlic Whipped<br>Potatoes<br>Steamed Brussels Sprouts<br>Blushing Pears<br>Whole Wheat Bread x2 | Swedish Meatballs<br>Whole Wheat Breadstick<br>Mashed Potatoes<br>Stewed Tomatoes<br>Fresh Fruit                          |                 |          |               |          |
| <b>23</b>  | <b>24</b>   | <b>25</b>  | <b>26</b>  | <b>27</b>   |                 |          |               |          |
| Dijon Chicken<br>Smashed Potatoes<br>California Blend Vegetables<br>Apricots<br>Whole Wheat Bread x2     | Hamburger<br>Whole Wheat Bun<br>Baked Beans<br>Steamed Corn<br>Pears                                      | Lemon Pepper Fish<br>Vegetable Rice Pilaf<br>Creamed Peas<br>Steamed Baby Carrots<br>Fresh Fruit<br>Whole Wheat Bread  | Smothered Pork Chop<br>Baked Potato<br>Hawaiian Coleslaw<br>Fresh Fruit<br>Whole Wheat Bread x2                                      | Spaghetti W/ Meatsauce<br>Noodles<br>Steamed Cauliflower<br>Crinkle Cut Carrots<br>Pineapple Tidbits<br>Whole Wheat Bread |                 |          |               |          |
| <b>30</b>  |   |  |  |   |                 |          |               |          |
| Baked Chicken Thigh<br>Rosemary Roasted Potatoes<br>Diced Beats<br>Peaches<br>Whole Wheat Bread x2       |   |  |  |   |                 |          |               |          |