

FEBRUARY 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 |
|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
|  | |  | | |
| 5 | 6 | 7 | 8 | 9 |
| Chicken Marsala Smashed Potatoes Green Beans Pineapple Tidbits Whole Wheat Bread x2 | Beef Tacos w/Cheese Whole Grain Tortilla x2 Black Beans Mixed Vegetables Apricots | Chicken Mourtarde Steamed Corn Winter Blend Vegetables Pears Whole Wheat Bread x2 | Pasta Bake Cauliflower Tossed Salad w/Dressing Fresh Fruit Whole Wheat Bread | Baked Pork Chop with Gravy Baked Potato w/Sour Cream Steamed Brussels Sprouts Peaches Whole Wheat Bread X2 |
| 12 | 13 | 14 | 15 | 16 |
| Chicken Wild Rice Hotdish Steamed Peas Crinkle Cut Carrots Tropical Fruit Whole Wheat Bread | BBQ Beef Patty Whole Wheat Bun Baby Baker Potatoes California Blend Vegetables Fresh Fruit | Citrus Glazed Fish Baked Sweet Potato Steamed Cabbage Pears Red Velvet Cookie Whole Wheat Bread x2 | Bronze Pork Loin Mashed Potatoes & Gravy Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2  | Beef Stroganoff Noodles Mixed Vegetables Steamed Baby Carrots Applesauce Whole Wheat Bread |
| 19 | 20 | 21 | 22 | 23 |
| Closed  | Beef Stew Parslied Carrots Pears Biscuit | Orange Almond Chicken Parsley Buttered Potatoes Peas & Carrots Tropical Fruit Whole Wheat Bread x2 | Sweet & Sour Pork Brown Rice Steamed Broccoli Tossed Salad w/Dressing Pineapple Tidbits Whole Wheat Bread | Country Meatballs Mashed Potatoes Beets Peaches Whole Wheat Bread x2 |
| 26 | 27 | 28 | 29 | |
| Tarragon Chicken Baked Sweet Potato Cauliflower Mandarin Oranges Whole Wheat Bread x2 | Lutheran Hotdish Mixed Vegetables Steamed Broccoli Peaches Whole Wheat Bread | Potato Chip Fish on a Whole Wheat Bun Au Gratin Potatoes Confetti Coleslaw Fresh Fruit | Baked Chicken Thigh Creamed Carrots Seasoned Green Beans Fresh Fruit Whole Wheat Bread x2 |  |