

FEBRUARY 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

Valley Senior Services &
Meals on Wheels: 701.293.1440

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Parmesan Chicken w/Marinara Sauce Whole Wheat Pasta Italian Vegetable Blend Seafoam Salad (jello-based) Whole Wheat Breadstick	Seasoned Pork Roast Roasted Red Potatoes Roasted Brussels Sprouts Whole Wheat Bread x2 Fresh Fruit
5	6	7	Giving Hearts Day	8
Beef Tacos w/Cheese Whole Grain Tortilla x2 Black Beans Mixed Vegetables Apricots Concordia's Recipe	Chicken Marsala Boiled Potatoes Green Beans Whole Wheat Bread Pineapple Tidbits	Hickory Smoked BBQ Pulled Pork Baked Sweet Potato Hawaiian Coleslaw Cornbread Fresh Fruit	Roasted Turkey w/Gravy Mashed Potatoes Parslied Carrots Pears Whole Wheat Bread 	Beef Stroganoff Noodles Broccoli House Salad w/Dressing Applesauce Whole Wheat Bread
12	13	14	15	16
Shredded BBQ Beef Whole Wheat Bun Baby Baker Potatoes California Blend Vegetables Fresh Fruit	Swedish Meatballs Mashed Potatoes Beets Whole Wheat Bread x2 Scalloped Apples	Herb Roasted Fish Baked Sweet Potato Green Beans Whole Wheat Bread x2 Valentine's Day Dessert	Sweet & Sour Pork Brown Rice Steamed Broccoli Tossed Salad w/Dressing Whole Wheat Bread Pineapple Tidbits	Chicken Noodle Casserole Steamed Peas Crinkle Cut Carrots Whole Wheat Bread Tropical Fruit
19	20	21	22	23
Closed 	Beef Stew Parslied Carrots Pears Biscuit	BBQ Chicken Breast Baked Potato w/Sour Cream Broccoli Whole Wheat Bread x2 Tropical Fruit	Meatloaf Mashed Potatoes & Gravy Brussels Sprouts w/Bacon Whole Wheat Bread x2 Fresh Fruit	Tuna Noodle Casserole Steamed Corn Tossed Salad w/Dressing Whole Wheat Bread Spiced Apples
26	27	28	29	
Tarragon Chicken Baked Sweet Potato Cauliflower Whole Wheat Bread x2 Mandarin Oranqes	Lutheran Hotdish Mixed Vegetables Creamed Carrots Whole Wheat Bread Peaches	Braised Pork Chop Baked Potato w/Sour Cream California Blend Vegetables Whole Wheat Bread x2 Fresh Fruit	Sloppy Joe Whole Wheat Bun Tater Tots Peas & Carrots Blushing Pears	