


# JULY 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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread x2	Chicken Veronique Mashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2	Pulled Pork Sandwich Whole Wheat Bun Potato Salad Seasoned Broccoli Warm Spiced Apples	<b>Closed</b> 	Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Ranch Chicken Thigh Baked Potato Mixed Vegetables Peaches Whole Wheat Bread x2	Cabbage Rolls Parsley Buttered Potatoes Winter Blend Vegetables Peaches Whole Wheat Bread x2	Taco Filling & Cheese Whole Grain Tortilla Black Beans Steamed Corn Fresh Fruit	Seasoned Pork Roast W/Gravy Baked Sweet Potatoes Coleslaw Berries Whole Wheat Bread Angel Food Cake	Chicken Kiev Scalloped Potatoes Peas & Carrots Mandarin Oranges Whole Wheat Bread x2
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
BBQ Chicken Parmesan Garlic Potatoes Steamed Brussels Spouts Tropical Fruit Whole Wheat Bread x2	Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit	Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread x2	Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Blushing Pears Whole Wheat Bread	Swedish Meatballs Mashed Potatoes Stewed Tomatoes Fresh Fruit Whole Wheat Bread
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Beef Stew Winter Blend Vegetables Apricots Whole Wheat Biscuit	Tuna Pasta Hotdish Steamed Brussels Sprouts Green Beans Fresh Fruit Whole Wheat Bread	Salsa Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	Pork Potstickers Brown Rice Crinkle Cut Carrots Steamed Broccoli Tropical Fruit Whole Wheat Bread	Hamburger Whole Wheat Bread Baked Beans Steamed Salad Peaches
<b>29</b>	<b>30</b>	<b>31</b>		
Homestyle Chicken Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2		