

JUNE 2025

VALLEY SENIOR SERVICES- CASSELTON

Call **701-347-8219** 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	Chicken Veronique Mashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread		Chicken Ala King Noodles Steamed Baby Carrots Seasoned Green Beans Fresh Fruit Whole Wheat Breadstick	Seasoned Pork Roast W/ Gravy Baked Sweet Potato Coleslaw Cinnamon Applesauce Whole Wheat Bread
9	10	11	12	13
	Cabbage Rolls Parsley Buttered Potatoes Seasoned Broccoli Fresh Fruit Whole Wheat Bread		Chicken Kiev Scalloped Potatoes Peas & Carrots Mandarin Oranges Whole Wheat Bread	Pulled Pork Sandwich Whole Wheat Bun Potato Salad Steamed Corn Fruited Father's Day Dessert
16	17	18	19	20
	Swedish Meatballs Mashed Potatoes Stewed Tomatoes Mixed Vegetables Fresh Fruit Whole Wheat Breadstick		Rosemary Orange Chicken Parmesan Garlic Whipped Potatoes Steamed Brussels Sprouts Blushing Pears Whole Wheat Bread	Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit
23	24	25	26	27
	Pasta W/ Meatsauce Steamed Cauliflower Crinkle Cut Carrots Pineapple Tidbits Whole Wheat Bread		Smothered Pork Chop Baked Potato Hawaiian Coleslaw Fresh Fruit Whole Wheat Bread	Hamburger Whole Wheat Bun Baked Beans Steamed Corn Pear
30				