

# JUNE 2025

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>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread	Chicken Veronique Mashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread	Cheesy Egg Bake Steamed Peas Steamed Cauliflower Confetti Coleslaw 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
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Salsa Chicken Baked Potato Mixed Vegetables Peaches Sour Cream Whole Wheat Bread	Cabbage Rolls Parsley Buttered Potatoes Seasoned Broccoli Fresh Fruit Whole Wheat Bread	Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans House Salad Fresh Fruit	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
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Tropical Fruit	Swedish Meatballs Mashed Potatoes Stewed Tomatoes Mixed Vegetables Fresh Fruit Whole Wheat Breadstick	Braised Pork Chop Baked Sweet Potatoes Tossed Salad Pineapple Tidbits Whole Wheat Bread	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
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Dijon Chicken Mashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread	Pasta W/ Meatsauce Steamed Cauliflower Crinkle Cut Carrots Pineapple Tidbits Whole Wheat Bread	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	Smothered Pork Chop Baked Potato Hawaiian Coleslaw Fresh Fruit Whole Wheat Bread	Hamburger Whole Wheat Bun Baked Beans Steamed Corn Pear
<b>30</b>				
BBQ Chicken Rosemary Roasted Potatoes Diced Beats Peaches Whole Wheat Bread				