

MARCH 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
4	5	6	7	8
				Pork Wing Scalloped Potatoes California Blend Vegetables Pineapple Tidbits Whole Wheat Bread X2
Salisbury Steak w Mushroom Gravy Baked Potato w/Sour Cream Stewed Tomatoes Peaches Whole Wheat Bread x2	Chicken Veronique Smashed Potatoes Green Beans Fresh Fruit Apricots Whole Wheat Bread x2	Hamburger on a Whole Wheat Bun Mushrooms & Onions Baked Beans Pears	Chicken & Noodles Winter Blend Vegetables Steamed Peas Tropical Fruit Whole Wheat Bread	Herb Baked Fish Wild Rice Blend Baked Sweet Potato Confetti Coleslaw Pineapple Tidbits Whole Wheat Bread
11	12	13	14	15
Tator Tot Hotdish Crinkle Cut Carrots Applesauce Whole Wheat Bread x2	Chicken Kiev Baby Baker Potatoes Steamed Broccoli Fresh Fruit Whole Wheat Bread x2	Beef Stroganoff Noodles Corn Brussels Sprouts Mandarin Oranges Whole Wheat Bread	Braised Pork Chop Mashed Potatoes & Gravy Tossed Salad w/Dressing Apricots Whole Wheat Break x2	Cheesy Egg Bake Crispy Cubed Potatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread x2 
18	19	20	21	22
Shepherds Pie Filling Whipped Potatoes Pears and Festive Cookie Whole Wheat Bread Soda Bread	Rosemary Orange Chicken Corn Seasoned Green Beans Pineapple Tidbits Whole Wheat Bread x2 	Stir Fry Pork Tossed Salad Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	Gjetost Chicken Au Gratin Potatoes Parslied Carrots Fresh Fruit Whole Wheat Bread x2	Swedish Meatballs Mashed Potatoes Diced Beets Cinnamon Applesauce Whole Wheat Bread x2
25	26	27	28	29
Ranch Chicken Butter Parslied Potatoes Seasoned Broccoli Tropical Fruit Whole Wheat Bread x2	Cabbage Rolls Roasted Garlic Whipped Potatoes Steamed Baby Carrots Fresh Fruit Whole Wheat Bread x2	Seasoned Pork Roast with Gravy Baked Sweet Potato Creamed Peas Fresh Fruit Whole Wheate Bread x2	Chili w/Saltine Crackers Steamed Cauliflower Hot Spiced Apples Whole Wheat Bread	Closed 