

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