

# MARCH 2025

## 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**

| <b>3</b>   | <b>TUESDAY</b>   | <b>4</b>   | <b>WEDNESDAY</b>  | <b>5</b>  | <b>THURSDAY</b> | <b>6</b> | <b>FRIDAY</b>   | <b>7</b> |
|--|--|--|---|---|-----------------|----------|---|----------|
| Dijon Chicken<br>Smashed Potatoes<br>California Blend Vegetables<br>Apricots<br>Whole Wheat Bread  | BBQ Beef Patty<br>Whole Wheat Bun<br>Baked Beans<br>Steamed Corn<br>Pears                                    | Salmon w/<br>Hollandaise Sauce<br>Sister Shubert Roll<br>Roasted Garlic<br>Whipped Potatoes<br>Green Beans | Smothered Pork Chop<br>Baked Potato<br>Hawaiian Coleslaw<br>Fresh Fruit<br>Whole Wheat Bread x2                 | Spaghetti w/ Meatsauce<br>Steamed Cauliflower<br>Crinkle Cut Carrots<br>Pineapple Tidbits<br>Whole Wheat Bread        |                 |          |   |          |
| <b>10</b>  | <b>11</b>  | <b>12</b>  | <b>13</b>   | <b>14</b>   |                 |          |   |          |
| Bronze Pork Loin<br>Scalloped Potatoes<br>Seasoned Brussels Sprouts<br>Peaches<br>Whole Wheat Bread x2   | Baked Chicken Thigh<br>Rosemary Roasted Potatoes<br>Diced Beets<br>Fresh Fruit<br>Whole Wheat Bread x2       | Meatloaf<br>Baked Potato<br>Stewed Tomatoes<br>Rosy Applesauce<br>Whole Wheat Bread x2                     | Chicken & Noodles<br>Tossed Salad<br>Mixed Vegetables<br>Lime Jell-O w/ Pears<br>Whole Wheat Bread              | Lemon Pepper Fish<br>Vegetable Rice Pilaf<br>Creamed Peas<br>Steamed Baby Carrots<br>Fresh Fruit<br>Whole Wheat Bread |                 |          |   |          |
| <b>17</b>  | <b>18</b>  | <b>19</b>  | <b>20</b>   | <b>21</b>   |                 |          |   |          |
| Tarragon Roasted Chicken<br>Parsley Buttered Potatoes<br>Crinkle Cut Carrots<br>Mandarin Oranges<br>St. Patrick's Day Cookie<br>Whole Wheat Bread x2 | Lutheran Hotdish<br>Steamed Peas<br>Winter Blend Vegetables<br>Fresh Fruit<br>Whole Wheat Bread              | Potato Chip Fish<br>Baked Sweet Potato<br>Green Beans Almondine<br>Fresh Fruit<br>Whole Wheat Bun          | Sweet & Sour Pork<br>Brown Rice<br>Tossed Salad<br>Mixed Vegetables<br>Cinnamon Applesauce<br>Whole Wheat Bread | Country Meatballs<br>Mashed Potatoes & Gravy<br>Steamed Broccoli<br>Tropical Fruit<br>Whole Wheat Bread x2            |                 |          |   |          |
| <b>24</b>  | <b>25</b>  | <b>26</b>  | <b>27</b>   | <b>28</b>   |                 |          |   |          |
| Chicken Wild Rice Hotdish<br>Steamed Corn<br>California Blend Vegetables<br>Pineapple Tidbits<br>Whole Wheat Bread                                   | Salisbury Steak<br>w/Mushroom Gravy<br>Mashed Potatoes<br>Stewed Tomatoes<br>Peaches<br>Whole Wheat Bread x2 | Chicken Marsala<br>Baked Sweet Potato<br>Steamed Cauliflower<br>Fresh Fruit<br>Whole Wheat Bread x2        | Chili<br>Baked Potato<br>Parslied Carrots<br>Apricots<br>Crackers   | Citrus Glazed Fish<br>Au Gratin Potatoes<br>Seasoned Peas<br>Pears<br>Whole Wheat Bread x2                            |                 |          |   |          |
| <b>31</b>  |  |  |   |   |                 |          |   |          |
| Beef Stew<br>Winter Blend Vegetables<br>Apricots<br>Whole Wheat Biscuit  |  |  |   |   |                 |          |  |          |