

MARCH 2025

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