

MAY 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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1	2
			Smothered Pork Chop Baked Potato Hawaiian Coleslaw Fresh Fruit Whole Wheat Bread x2	Spaghetti w/Meatsauce Noodles Steamed Cauliflower Crinkle Cut Carrots Pineapple Tidbits
5	6	7	8	9
Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread	Meatloaf Baked Potato Stewed Tomatoes Peach n Creme Muffin Peaches Whole Wheat Bread x2
12	13	14	15	16
Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	Lutheran Hotdish Steamed Peas Winder Blend Vegetables Fresh Fruit Whole Wheat Bread	Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce	Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread x2
19	20	21	22	23
Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	Chicken Wild Rice Hotdish Steamed Corn California Blend Vegetables Pineapple Tidbits Whole Wheat Bread	Citrus Glazed Fish Vegetable Rice Pilaf Baked Sweet Potato Seasoned Peas Pears	Sloppy Joe Whole Wheat Bun Potato Salad Parslied Carrots Warm Cinnamon Apples	Chicken Marsala Au Gratin Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
26	27	28	29	30
	Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Bread	BBQ Chicken Thigh Baked Potato Maple Dijon Brussels Sprouts Tropical Fruit Whole Wheat Bread x2	Bratwurst Whole Wheat Bun Baked Beans Tossed Salad Angel Food Cake w/ Berries