

# MAY 2025

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>	<b>2</b>
			Smothered Pork Chop Baked Potato Coleslaw Fresh Fruit Whole Wheat Bread	Pasta w/Meatsauce Steamed Cauliflower Crinkle Cut Carrots Pineapple Tidbits Whole Wheat Bread
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Monterey Chicken Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread	Lemon Pepper Fish Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	Roasted Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread	Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread	Meatloaf Baked Potato Stewed Tomatoes Cookie Whole Wheat Bread
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
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 Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread	Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce	Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread	Chicken Wild Rice Hotdish Steamed Corn California Blend Vegetables Pineapple Tidbits Whole Wheat Bread	Herb Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread	Sloppy Joe Whole Wheat Bun Potato Salad Parslied Carrots Warm Cinnamon Apples	Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>CLOSED</b> 	Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread	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	Brat Whole Wheat Bun Baked Beans Tossed Salad Angel Food Cake w/ Berries & Whipped Topping