

MAY 2024

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
				
6	7	8	9	10
Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread x2	Chicken Veronique Smashed Potatoes Diced Beats Fresh Fruit Whole Wheat Bread x2	Pork Roast w/Gravy Baked Sweet Potato Confetti Coleslaw Cinnamon Applesauce Whole Wheat Bread x2	Chicken Ala King w/ WW Pasta Steamed Baby Carrots Steamed Green Beans Fresh Fruit Whole Wheat Breadstick	Cheesy Egg Bake Steamed Peas Steamed Cauliflower Strawberry Rhubarb Muffin Whole Wheat Bread x2
13	14	15	16	17
Ranch Chicken Thigh Baked Potato Mixed Vegetables Peaches Whole Wheat Bread x2	Cabbage Rolls Parsley Buttered Potatoes Winter Vegetable Blend Fresh Fruit Whole Wheat Bread x2	Pulled Pork Sandwich Whole Wheat Bun Potato Salad Crinkle Cut Carrots Warm Spiced Apples	Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans Seasoned Broccoli Florets Fresh Fruit	Chicken Kiev Scalloped Potatoes Peas & Carrots Mandarin Oranges Whole Wheat Bread x2
20	21	22	23	24
Rosemary Orange Chicken Parmesan Garlic Potatoes Steamed Brussels Sprouts Tropical Fruit Whole Wheat Bread x2	Beef Stroganoff Noodles Steamed Corn Mixed Vegetables Fresh Fruit Whole Wheat Bread	Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread x2	Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Blushing Pears	Swedish Meatballs Mashed Potatoes Stewed Tomatoes Fresh Fruit Whole Wheat Bread x2
Closed	28	29	30	31
	Bratwurst Whole Wheat Hotdog Bun Baby Baker Potatoes Steamed Corn Apricot & Patriotic Cookie	Garden Chicken Breast Smashed Potatoes Steamed Baby Carrots Fresh Orange Whole Wheat Bread x2	Smothered Pork Chop Baked Potato Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	Spaghetti w/Meatsauce Steamed Cauliflower Green Beans Pineapple Tidbits Whole Wheat Bread