



MAY 2024

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
		1 Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	2 Hamburger Whole Wheat Bun Baked Beans Tossed Salad Peaches	3 Pork Wing Baked Potato Maple Dijon Brussels Spouts Tropical Fruit Whole Wheat Bread x2
6	7	8	9	10
Salmon w/Hollandaise Sauce White & Wild Rice Blend Steamed Peas House Salad Pineapple Tidbits	Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread	Chicken Veronique Mashed Potatoes Seasoned Green Beans Fresh Fruit Whole Wheat Bread	Seasoned Pork Roast w/Gravy Baked Sweet Potato Steamed Cauliflowere Cinnamon Applesauce Whole Wheat Bread	Chicken Alfredo Noodles Steamed Baby Carrots Mixed Vegetables Fresh Fruit Whole Wheat Bread
13	14	15	16	17
Monterey Chicken Baked Potato Steamed Brussels Sprouts Peaches Whole Wheat Bread x2	Cabbage Rolls Parsley Buttered Potatoes Winter Vegetable Blend Fresh Fruit Whole Wheat Bread x2	Chicken Kiev Cheesy Whipped Potatoes Peas & Carrots Mandarin Oranges whole Wheat Bread	Beef Stroganoff Noodles Tossed Salad Corn Fresh Fruit	Pulled Pork Sandwich Whole Wheat Bun Potato Salad Crinkle Cut Carrots Warm Spiced Apples
20	21	22	23	24
Barbecue Chicken Au Gratin Potatoes Diced Beets Tropical Fruit Whole Wheat Bread x2	Swedish Meatballs Mashed Potatoes & Gravy Stewed Tomatoes Fresh Fruit Whole Wheat Bread	Braised Pork Chop w/Gravy Baked Sweet Potato Steamed Broccoli Pineapple Tidbits Whole Wheat Bread x2	Herb Baked Fish Vegetable Rice Pilaf Parslied Carrots Confettie Coleslaw Blushing Pears	Taco Filling & Cheese Whole Grain Tortilla Black Beans House Salad Fresh Fruit
Closed	28	29	30	31
	Brat or Polish Sausage On a Bun Baked Beans Steamed Corn Pears Dessert	Gjetost Chicken Roasted Garlic Whipped Potatoes Steamed Baby Carrots Peaches	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