

NOVEMBER 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 Chicken Kiev Scalloped Potatoes Peas & Carrots Orange Jello w/Mandarin Oranges Whole Wheat Bread x2
4	5	6	7	8
Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Tropical Fruit Whole Wheat Bread	Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit Whole Wheat Bread	Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread x2	Rosemary Orange Chicken Parmesan Garlic Whipped Potatoes Steamed Brussels Sprouts Blushing Pears Whole Wheat Bread x2	BBQ Beef Sandwich Whole Wheat Bun Baked Beans Steamed Corn Pears
11	12	13	14	15
Closed 	Swedish Meatballs Mashed Potatoes Stewed Tomatoes Fresh Fruit Whole Wheat Bread	Spaghetti w/Meatsauce Noodles Steamed Cauliflower Crinkle Cut Carrots Pineapple Tidbits Whole Wheat Breadstick	Smothered Pork Chop Baked Potato Hawaiian Cranberry Coleslaw Fresh Fruit Whole Wheat Bread x2	Baked Chicken Thigh Rosemary Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2
18	19	20	21	22
Tarragon Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Cinnamon Applesauce Whole Wheat Bread x2	Chicken & Noodles Tossed Salad Mixed Vegetables Fresh Fruit Whole Wheat Bread	Roast Turkey Rosemary Sage Dressing Mashed Potatoes & Gravy Glazed Carrots Cranberries Pumpkin Bar	Lemon Peper Fish Vegetable Rice Pilaf Creamed Peas Steamed Broccoli Fresh Fruit Whole Wheat Bread	Salisbury Steak w/ Mushroom Gravy Baked Potato Stewed Tomatoes Lime Jell-O w/ Pears Whole Wheat Bread x2
25	26	27	28	29
Potato Chip Fish Whole Wheat Bun Scalloped Potatoes Green Beans Almondine Mandarin Oranges	Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	Roasted Pork Loin Baked Sweet Potatoes Seasoned Brussel Sprouts Peaches Whole Wheat Bread	Closed 	Closed