LISBON MENU (701-683-4295)

See pages 4-7 for all site menus-info on ordering a meal for all sites on page 2

VALLEY SENIOR SERVICES MEALS ON WHEELS & TAKE OUT/ MEALS AT CENTERS

Suggested donation $4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF $11.75 PER MEAL - SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	**03**	**04**	**05**	**06**
Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Wheat Bread x2	Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi Dinner Roll	Seafood Pasta Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce WG Breadstick	BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges	Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Biscuit
09	**10**	**11**	**12**	**13**
Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries Wheat Bread x1	Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange Wheat Roll	CLOSED 	Beef Soft Tacos-2 Spanish Rice Caribbean Veggie Blend Salsa Guacamole Banana	Parmesan Chicken Buttered Spaghetti Marinara Sauce Prince Edward Veggies Fresh Fruit Salad Breadstick
16	**17**	**18**	**19** HOLIDAY MEAL	**20**
Beef & Broccoli Cilantro Rice Seasoned Snow Peas Vegtable Egg Roll Honeydew Cubes	Tuna Noodle Casserole California Blend Veggies Whole Orange Wheat Dinner Roll	Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe Wheat Bread x 2	Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Dinner Roll Pumpkin Pie	Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots
23	**24**	**25**	**26**	**27**
Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple Wheat Bread x 1	Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia | Wheat Bread	Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread	CLOSED 	CLOSED
30				
Rosemary Orange Chicken Rosemary Potatoes Garden Blend Veggies Rosy Applesauce WW Bread X 2				

ENDERLIN (701-437-2669)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear	**03** Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi	**04** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange	**05** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges	**06** Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes
09 Steak & Mushroom Sauce Mashed Potatoes Parslied Carrots Berry Crisp	**10** RS Ham Baked Potato Peas & Onions Banana	**11** Closed	**12** Beef Soft Tacos-2 Spanish Rice/ Salsa Caribbean Veggie Blend Guacamole Banana	**13** Parmesan Chicken Buttered Spaghetti Marinara Sauce Prince Edward Veggies Fresh Fruit Salad
16 Beef & Broccoli Cilantro Rice Seasoned Snow Peas Vegtable Egg Roll Honeydew Cubes	**17** Tuna Noodle Casserole California Blend Veggies Whole Orange	**18** Stuffed Peppers Mashed Potatoes Seasoned Green Beans Whole Orange Low Fat Vanilla Yogurt	**19** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Pumpkin Pie	**20** Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots
23 Beef Lasagna Herbed Green Beans Cantaloupe	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia	**25** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	**26** Closed	**27** Closed
30 Chili w/ Beans House Salad Cornbread Fruit				

Word Twist

⇆ Word Twist

To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!



Thanksgiving

tusngffi _____ bensa _____

epsi _____ sptoeota _____

tkeury _____ resricarnbe _____

avgry _____ rcno _____

lsrol _____ kimpunp _____

Answers Stuffing, Turkey, Gravy, Pies, Rolls, Beans, Potatoes, Cranberries, Corn, Pumpkin

©LPi

06

MILNOR (701-427-9327)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus	**04** Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear	**05** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges	**06** Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes
09 - Monday Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries	**10 - Tuesday** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange	**12** Beef Soft Tacos-2 Spanish Rice / Salsa Caribbean Veggie Blend Banana	**13** Parmesan Chicken Buttered Spaghetti Marinara Sauce Prince Edward Veggies Fresh Fruit Salad
17 Tuna Noodle Casserole California Blend Veggies Whole Orange	**18** Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe	**19** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Pumpkin Pie	**20** Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots
23 - Monday Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple	**24 - Tuesday** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia	**25 - Wednesday** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	**26 & 27** CLOSED

COGSWELL (701-724-3024) AND FORMAN (701-724-3928)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
02 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear	**03** Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus	**04** Seafood Pasta Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce	**05** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges
09 Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries	**10** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange	**12 - Thursday** Beef Soft Tacos-2 Spanish Rice / Salsa Caribbean Veggie Blend Guacamole Banana	**13 - Friday** Parmesan Chicken Buttered Spaghetti Marinara Sauce Prince Edward Veggies Fresh Fruit Salad
16 Beef & Broccoli Cilantro Rice Seasoned Snow Peas Vegtable Egg Roll Honeydew Cubes	**17** Tuna Noodle Casserole California Blend Veggies Whole Orange	**18** Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe	**19** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Pumpkin Pie
23 Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia	**25** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	**26** **CLOSED**
30 Rosemary Orange Chicken Rosemary Potatoes Garden Blend Veggies Rosy Applesauce			

RUTLAND (701-724-4074)

TUESDAY	WEDNESDAY	THURSDAY
03 Pork Chop & Mushroom Sauce Seasoned Egg Noodles / Marinated Cucumbers Lemon Asparagus / Kiwi	**04** Beef Soft Tacos-2 / Spanish Rice Caribbean Veggie Blend / Salsa Guacamole | Banana	**05** BBQ Beef on a Bun / Mashed Potatoes Southwest Corn / Mandarin Oranges
09 - Monday Swiss Steak / Buttered Red Potatoes Country Blend Veggies / Raspberries	**10 - Tuesday** Honey Citrus Salmon / Wild Rice Pilaf Seasoned Snow Peas / Whole Orange	**12** Parmesan Chicken / Buttered Spaghetti Marinara Sauce / Prince Edward Veggies Fresh Fruit Salad
17 Beef & Broccoli / Cilantro Rice Seasoned Snow Peas / Vegtable Egg Roll Honeydew Cubes	**18** Mushroom Swiss Burge Roasted Red Potatoes Pepper Medley /Apricots	**19** Roast Turkey w/ Gravy / Mashed Potatoes Sage Bread Dressing / Cranberry Sauce Green Bean Almondine / Pumpkin Pie
23 - Monday Lemon Pepper Fish / Whipped Sweet Potato Garden Blend Veggies / Pineapple	**24 - Tuesday** Chicken Fried Steak / Cream Gravy Potatoes & Onions / Savory Carrots Ambrosia	**25 - Wednesday** Chicken Kiev / O'Brien Potatoes Green Bean Oregano / Fruit Cocktail

GWINNER (701)-678-3815

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear	**03** Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi	**04** Seafood Pasta Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce	**05** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges	**06** Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes
09 Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries	**10** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange	**11** CLOSED	**12** Beef Soft Tacos-2 Spanish Rice / Salsa Caribbean Veggie Blend Guacamole | Banana	**13** Parmesan Chicken Buttered Spaghetti Marinara Sauce Prince Edward Veggies Fresh Fruit Salad
16 Beef & Broccoli Cilantro Rice Seasoned Snow Peas Vegtable Egg Roll Honeydew Cubes	**17** Tuna Noodle Casserole California Blend Veggies Whole Orange	**18** Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe	**19** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Pumpkin Pie	**20** Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots
23 Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia	**25** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	**26** CLOSED	**27** CLOSED
30 Rosemary Orange Chicken Rosemary Potatoes Garden Blend Veggies Rosy Applesauce				