

APRIL 2026

Lisbon (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
		1 - Easter Dinner Country Ham Scalloped Potatoes Glazed Carrots Strawberries Cheesecake Hot Crossed Buns	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce Wheat Bread x 2	3 CLOSED
6 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple	7 Salisbury steak Mushroom Gravy Mashed Potatoes Parsley Carrot WG bread Chilled Fruit Cocktail	8 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon Cake	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad Seasonal Fresh Fruit Wheat Bread x 1	10 Cheesy Baked Ziti Sicilian Blend Veggies Apple WG Breadstick
13 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies Fruit Salad Breadstick	14 Tater Tot Casserole Southwest Corn WW Bread Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew Hawaiian Roll	16 Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp Wheat Roll	17 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Fresh Whole Orange Wheat Bread x 2
20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches Wheat Bread x 2	21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi Wheat Bread x 2	22 Chili w/ Beans House Salad Cornbread Fruit Wheat Crackers	23 Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	24 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes Wheat Bread x 2
27 Sloppy Joe on Bun Potato Wedges Baked Beans Orange	28 Hamburger Steak Baked Sweet Potato Brussel Sprouts & Tomatoes WB-2 Fresh Pineapple	29 Chicken & Noodles Seasoned Green Peas Cantaloupe Wheat Bread x 1	30 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers Pineapple	

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Country Ham Scalloped Potatoes Glazed Carrots Strawberries/Cheesecake Hot Crossed Buns	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce	3 CLOSED
6 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple	7 Salisbury Steak Mushroom Gravy Mashed Potatoes Parsley Carrot Chilled Fruit Cocktail	8 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon Cake	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad Seasonal Fresh Fruit	10 Cheesy Baked Ziti Sicilian Blend Veggies Apple WG Breadstick
13 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies Fruit Salad	14 Tater Tot Casserole Southwest Corn WW Bread Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew Hawaiian Roll	16 Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp	17 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Fresh Whole Orange
20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches	21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi	22 Chili w/ Beans House Salad Cornbread Fruit Wheat Crackers	23 Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	24 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes
27 Sloppy Joe on Bun Potato Wedges Baked Beans Orange	28 Hamburger Steak Baked Sweet Potato Brussel Sprouts & Tomatoes Fresh Pineapple	29 Chicken & Noodles Seasoned Green Peas Cantaloupe	30 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers Pineapple	

APRIL IS VOLUNTEER APPRECIATION MONTH!

Thank you to our dining center, activities, and Meals on Wheels volunteers! Thank you for your commitment to help pack and deliver hot nutritious meals, provide activities, and support dining center staff - all to benefit the seniors in our community. We are grateful for your support in helping seniors maintain their independence. This program would not be possible without you!



VOLUNTEERS DON'T
NECESSARILY HAVE TIME ...
THEY JUST HAVE
heart.

©LPi

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
	1 Country Ham/Scalloped Potatoes Glazed Carrots Strawberries/Cheesecake Hot Crossed Buns	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce	3 CLOSED
7 Salisbury Steak/Mushroom Gravy Mashed Potatoes Parsley Carrot Chilled Fruit Cocktail	8 Chicken Salad on Wheat Chickpea Salad Watermelon Cake	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad	10 Cheesy Baked Ziti Sicilian Blend Veggies Apple
14 Tater Tot Casserole Southwest Corn Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew	16 Meatloaf Mashed Potatoes/Brown Gravy Sliced Dilled Carrots Minted Pears	17 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Fresh Whole Orange
21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi	22 Chili w/ Beans/Wheat Crackers House Salad Cornbread Fruit	23 Garlic Shrimp/Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	24 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes
28 Hamburger Steak Baked Sweet Potato Brussel Sprouts & Tomatoes Fresh Pineapple	29 Chicken & Noodles Seasoned Green Peas Cantaloupe	30 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers	

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

Monday	Tuesday	Wednesday	Thursday
		1 Country Ham Scalloped Potatoes Glazed Carrots Strawberries/Cheesecake	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce
6 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple	7 Salisbury Steak/Mushroom Gravy Mashed Potatoes Parsley Carrot Chilled Fruit Cocktail	8 Chicken Salad on Wheat Chickpea Salad Watermelon Cake	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad
13 Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Fruit Salad	14 Tater Tot Casserole Southwest Corn Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew	16 Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp
20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches	21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi	22 Chili w/ Beans/Wheat Crackers House Salad Cornbread Fruit	23 Garlic Shrimp/ Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce
27 Sloppy Joe on Bun Potato Wedges Baked Beans Orange	28 Hamburger Steak Baked Sweet Potato Brussel Sprouts & Tomatoes Fresh Pineapple	29 Chicken & Noodles Seasoned Green Peas Cantaloupe	30 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers

RUTLAND (701-724-4074)

Tuesday	Wednesday	Thursday
	1 Country Ham/Scalloped Potatoes Glazed Carrots Strawberries/Cheesecake Hot Crossed Buns	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce
7 Salisbury Steak/Mushroom Gravy Mashed Potatoes Parsley Carrot Chilled Fruit Cocktail	8 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Fresh Whole Orange	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad
14 Tater Tot Casserole Southwest Corn WW Bread Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew /Hawaiian Roll	16 Sloppy Joe on Bun Potato Wedges Baked Beans Orange
21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi	22 Chili w/ Beans/Wheat Crackers House Salad Cumbread Fruit	23 Garlic Shrimp/Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce
28 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches	29 Chicken & Noodles Seasoned Green Peas Cantaloupe	30 Crispy Pork Loin/White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers Pineapple

GWINNER (701)-678-3815

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Country Ham Scalloped Potatoes Glazed Carrots Strawberries/Cheesecake	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce	3 CLOSED
6 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple	7 Salisbury steak Mushroom Gravy Mashed Potatoes Parsley Carrot	8 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad	10 Cheesy Baked Ziti Sicilian Blend Veggies Apple WG Breadstick
13 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies	14 Tater Tot Casserole Southwest Corn WW Bread Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew	16 Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp	17 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Fresh Whole Orange
20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches	21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi	22 Chili w/ Beans House Salad Cumbread Fruit	23 Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies	24 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes
27 Sloppy Joe on Bun Potato Wedges Baked Beans Orange	28 Hamburger Steak Baked Sweet Potato Brussel Sprouts & Tomatoes	29 Chicken & Noodles Seasoned Green Peas Cantaloupe	30 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers	