

MAY 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 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/ Tomatoes Chilled Fruit Salad Wheat Bread
4 Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Pear WW Ciabatta Roll	5 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	6 Italian Pasta Bake House Salad Seasoned Zucchini Wheat Roll Dressing Cantaloupe	7 Cheese Baked Potato Seasoned Broccoli Honeydew WW Dinner Roll	8 Pork Wings Au Gratin Potatoes Seasoned Snow Peas WW Ciabatta Roll Cinnamon Bananas
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches Wheat Dinner Roll	12 Sweet & Sour Chicken Brown Rice Peppers & Onions Potstickers Mandarin Orange	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana Cake Wheat Dinner Roll	14 Spaghetti & Meat Sauce Green Beans WG Breadstick Parmesan Cheese Apple	15 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp Wheat Roll
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Raspberries Low Fat Vanilla Yogurt Wheat Roll	19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail Garlic Breadstick	22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Combread Mixed Berries Dessert
25 Closed 	26 Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges Wheat Bread x 2	27 Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	28 Chicken Fettuccine Alfredo Savory Carrots House Salad Chilled Peaches WW Bread	29 Turkey & Dumplings Spinach Orange Salad W/Dressing Peas & Carrots Wheat Dinner Roll Honeydew

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/ Tomatoes Chilled Fruit Salad
4 Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Pear	5 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	6 House Salad/Dressing Italian Pasta Bake Seasoned Zucchini Wheat Roll Cantaloupe	7 Cheese Baked Potato Seasoned Broccoli Honeydew WW Dinner Roll	8 Pork Wings Au Gratin Potatoes Seasoned Snow Peas WW Ciabatta Roll Cinnamon Bananas
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	12 Sweet & Sour Chicken Brown Rice Peppers & Onions Potstickers Mandarin Orange	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana	14 Spaghetti & Meat Sauce Green Beans WG Breadstick Parmesan Cheese Apple	15 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Raspberries Low Fat Vanilla Yogurt	19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail	22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Cornbread Mixed Berries/Dessert
25 Closed	26 Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	28 House Salad Chicken Fettuccine Alfredo Savory Carrots Chilled Peaches	29 Turkey & Dumplings Spinach Orange Salad W/Dressing Peas & Carrots Honeydew

2025 Services Delivered Report

In 1971 Valley Senior Services began providing Congregate and Home Delivered meals, Transportation and Resource services to seniors 60 years and older in the Fargo/West Fargo area. Today, we serve seniors with meals, transportation, and resource services in six counties in southeastern North Dakota; our Metro Senior Ride Service operates in the Fargo-Moorhead metro area which also includes the cities of West Fargo, Horace and Dilworth. As the population of North Dakota ages, Valley Senior Services will be prepared to provide services that help them stay independent and in their own homes for as long as possible. We continue with plans to expand the number of meal sites and transit vehicles to keep up with demand.

2025 was a busy year for Valley Senior Services, overall, the number of meals provided by our agency increased over 2024.

Services provided in 2025

CONGREGATE MEALS

79,569

TAKE-OUT MEALS

64,487

RESOURCE SERVICE

Direct Services 1,803 hours

MEALS ON WHEELS

201,501

TRANSPORTATION

52,321

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
			1 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/Tomatoes Chilled Fruit Salad
5 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	6 House Salad/Dressing Italian Pasta Bake Seasoned Zucchini Cantaloupe	7 Cheese Baked Potato Seasoned Broccoli Honeydew	8 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas
12 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana/Cake	14 Spaghetti & Meat Sauce Green Beans WG Breadstick Apple	15 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail	22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Mixed Berries/Dessert
26 Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	28 House Salad Chicken Fettuccine Alfredo Savory Carrots Chilled Peaches	29 Turkey & Dumplings Spinach Orange Salad W/Dressing Peas & Carrots Honeydew

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

Monday	Tuesday	Wednesday	Thursday
4 Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Pear	5 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	6 House Salad/Dressing Italian Pasta Bake Seasoned Zucchini Cantaloupe	7 Cheese Baked Potato Seasoned Broccoli Honeydew
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	12 Sweet & Sour Chicken Brown Rice Peppers & Onions Potstickers	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana/Cake	14 Spagetti & Meat Sauce Green Beans WG Breadstick Apple
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Raspberries Low Fat Vanilla Yogurt	19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail
26— Tuesday Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27— Wednesday Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	28— Thursday House Salad Chicken Fettuccine Alfredo Savory Carrots Chilled Peaches	29— Friday Turkey & Dumplings Spinach Orange Salad W/Dressing Peas & Carrots Honeydew

RUTLAND (701-724-4074)

Tuesday	Wednesday	Thursday
5 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	6 House Salad/Dressing Italian Pasta Bake Seasoned Zucchini Cantaloupe	7 Cheese Baked Potato Seasoned Broccoli Honeydew
12 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana/Cake	14 Spaghetti & Meat Sauce Green Beans WG Breadstick Apple
19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail
26 Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	28 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Mixed Berries/Dessert

GWINNER (701)-678-3815

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/Tomatoes Chilled Fruit Salad
4 Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Pear	5 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	6 House Salad Italian Pasta Bake Seasoned Zucchini Cantaloupe	7 Cheese Baked Potato Seasoned Broccoli Honeydew	8 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	12 Sweet & Sour Chicken Brown Rice Peppers & Onions Potstickers	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana/Cake	14 Spaghetti & Meat Sauce Green Beans WG Breadstick Apple	15 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Raspberries/Vanilla Yogurt	19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail	22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Mixed Berries/Dessert
25 CLOSED	26 Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	28 House Salad Chicken Fettuccine Alfredo Savory Carrots Chilled Peaches	29 Turkey & Dumplings Spinach Orange Salad W/Dressing Peas & Carrots Honeydew