

SEPTEMBER 2024

VALLEY SENIOR SERVICES- FARGO MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

TO MAKE A RESERVATION AT YOUR LOCAL MEAL SITE PLEASE CALL THE NUMBER TO THE RIGHT BEFORE 12:00 NOON ONE DAY IN ADVANCE
FOR MEALS ON WHEELS CONTACT THE MAIN OFFICE AT **701-293-1440**

MENU SUBJECT TO CHANGE

To reserve a meal at a site
Please call:

Ed Clapp 701-298-3976
Trollwood 701-298-3975
Broadway Station 701-232-7936

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED 	Ranch Chicken Thigh Baked Potato Mixed Vegetables Fresh Orange Whole Wheat Bread x2	Pulled Pork Sandwich Whole Wheat Bun Potato Salad Steamed Corn Fresh Banana	Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans Shredded Lettuce Warm Spiced Apples	Chicken Kiev Scalloped Potatoes Peas & Carrots Angel Food Cake Muffin w/ Berries Whole Wheat Bread x2
9	10	11	12	13
Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Tropical Fruit Whole Wheat Bread	Beef Stroganoff Noodles Stewed Tomatoes 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	Sweet & Sour Meatballs Brown Rice Steamed Green Beans Crinkle Cut Carrots Fresh Fruit
16	17	18	19	20
Dijon Chicken Smashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread x2	BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Pears	Roast Turkey w/Gravy Sister Shubert Roll Roasted Garlic Whipped Potatoes Glazed Carrots Fresh Fruit	Smothered Pork Chop Baked Potato Hawaiian Crunch Coleslaw Fresh Fruit Whole Wheat Bread x2	Spaghetti w/ Meatsauce Noodles Steamed Cauliflower Crinkle Cut Carrots Pineapple Tidbits Whole Wheat Bread
23	24	25	26	27
Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread	Meatloaf Baked Potato Stewed Tomatoes Lime Jell-O w/ Pears Whole Wheat Bread x2
30				
Potato Chip Fish Baked Sweet Potato Green Beans Almondine Mandarin Oranges Whole Wheat Bun				