

SEPTEMBER 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
2	3	4	5	6
<p>CLOSED</p> 	Cabbage Rolls Parsley Buttered Potatoes Seasoned Broccoli Fresh Fruit	Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans Tossed Salad Angel Food Cake w/ Berries	Pulled Pork Sandwich Whole Wheat Bun Potato Salad Steamed Corn Warm Spiced Apples	Chicken Kiev Scalloped Potatoes Peas & Carrots Orange Jell-O w/ Mandarin Oranges Whole Wheat Bread x2
9	10	11	12	13
Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Tropical Fruit Tartar Sauce 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	Homestyle Chicken Mashed Potatoes w/ Gravy Steamed Brussels Sprouts Blushing Pears Whole Wheat Bread x2	Sweet & Sour Meatballs Brown Rice Sugar Snap Peas Crinkle Cut Carrots Fresh Fruit
16	17	18	19	20
Dijon Chicken Mashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread x2	Pasta w/ Meatsauce Steamed Cauliflower Crinkle Cut Carrots Pineapple Tidbits Garlic Toast	Roast Turkey w/Gravy Sister Shubert Roll Roasted Garlic Whipped Potatoes Glazed Carrots Fresh Fruit	Smothered Pork Chop Baked Potato Hawaiian Cranberry Crunch Coleslaw Fresh Fruit Whole Wheat Bread x2	BBQ Beef Sandwich Whole Wheat Bun Baked Beans Steamed Corn Pears
23	24	25	26	27
Chicken Gjetost Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread	Meatloaf Baked Potato Stewed Tomatoes Lime Jell-O w/ Pears Whole Wheat Bread	Roasted Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Whole Wheat Bread
30				
Potato Chip Fish Baked Sweet Potato Green Beans Almondine Mandarin Oranges Whole Wheat Bun				