

LISBON MENU (701-683-4295)

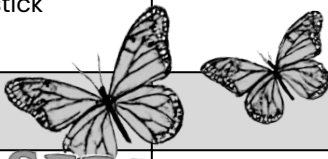
See pages 4-7 for all site menus-info on ordering a meal for all sites on page 2

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
	01	02	03	04
	Baked Pork Chop Roasted Baby Harvard Beets Chilled Peaches WB - 2	Taco Stuffed Potato Red Beans & Rice Chilled Pineapp WG Breadstick	Tater Tot Casserole Southwest Corn Pear Wheat Bread	Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit WB - 2
07	08	09	10	11
CLOSED 	Chicken Kiev O'Brien Potatoes Green Bean Oregano Italian Green Beans Fruit Cocktail Wheat Bread	Stuffed Manicotti / Marinara Sauce House Salad Italian Green Beans Sliced Strawberries Cake WG Breadstick	Baked Fish w/Dill Italian Pasta Salad Squash Medley Maple Cherries WG Breadstick	Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana Half Wheat Roll
14	15	16	17	18
Stuffed Peppers Mashed Potatoes Seasoned Green Beans Blackberries Low Fat Vanilla Yogurt Wheat Roll	Grandma's Hot Dish Zucchini & Cucumber Salad Seasoned Snap Peas Honeydew WG Breadstick	BBQ Meatloaf Baked Potato Green Beans w/ Thyme Chilled Diced Pears WB - 2	Chicken & Noodles Seasoned Green Peas Applesauce Wheat Bread Margarine	Roast Beef & Gravy Dijon Red Potatoes Corn Peaches WB - 2
21	22	23	24	25
Salmon Loaf Red Potatoes Mixed Veggies Berry Crisp Wheat Bread	Chili w/ Beans Baked Potato Apple Slices Wheat Bread	Country Fried Steak Brown Gravy Rosemary Potatoes Parslied Carrots Banana Wheat Bread	Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash & Peppers Pears with Vanilla Sauce WG Breadstick	Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes WB - 2
28	29	30	 SEPTEMBER 	
Beef Stroganoff/ Parslied Noodles Peas Spinach Cheese Salad Blushing Pineapple Wheat Roll	Salisbury Steak Mashed Potatoes Broccoli Blueberries Wheat Bread	Cheeseburger Pie Glazed Sweet Potatoes Herbed Green Beans Banana WB - 2		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Baked Pork Chop Roasted Baby Potatoes Harvard Beets Chilled Peaches	02 Taco Stuffed Potato Red Beans & Rice Chilled Pineapple	03 Tater Tot Casserole Southwest Corn Pear	04 Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit
07 CLOSED	08 Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	09 Stuffed Manicotti / Marinara Sauce House Salad Italian Green Beans Sliced Strawberries /Cake	10 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Cherries	11 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Fruit Cocktail Banana Half
14 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Blackberries Low Fat Vanilla Yogurt	15 Grandma's Hot Dish Zucchini & Cucumber Salad Seasoned Snap Peas Honeydew	16 BBQ Meatloaf Baked Potato Green Beans w/ Thyme Chilled Diced Pears	17 Chicken & Noodles Seasoned Green Peas Applesauce	18 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches
21 Salmon Loaf Roasted Red Potatoes Mixed Veggies Berry Crisp	22 Chili w/ Beans Baked Potato Apple Slices	23 Country Fried Steak Brown Gravy Rosemary Potatoes Parslied Carrots Banana	24 Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash & Peppers Pears with Vanilla Sauce	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes
28 Beef Stroganoff/ Parslied Noodles Peas Spinach Cheese Salad Blushing Pineapple	29 Salisbury Steak Mashed Potatoes Broccoli Blueberries	30 Cheeseburger Pie Glazed Sweet Potatoes Herbed Green Beans Banana		

Fit & Strong



Sign Up Now!

Join us in this evidence-based exercise/ behavior change program for older adults or those with lower extremity osteoarthritis.

Fit & Strong

- 12-week program that includes 60-minutes of exercise and 30-minutes of group discussion/health education
- Has demonstrated significant functional and physical activity improvements in older adults

Components

- Aerobic, strength and flexibility exercise
- Group discussion around a health-related topic

Benefits

- Manage arthritis
- Exercise safely
- Decrease joint pain and stiffness
- Improve daily function
- Reduce anxiety and depression
- Develop and maintain an active lifestyle

For more information or to register for this FREE class contact:

Bonita Roswick at 701-683-6128
email: bonita.roswick@ndsu.edu

Upcoming Fit & Strong Classes

Location, Date and Time:

Tuesday, September 8, 2026
Meets every Tuesday and Friday for 12 weeks
9:00 a.m. to 10:30 p.m.
Lisbon Senior Citizen Center
625 Main St. Lisbon, ND

MILNOR (701-427-9327)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Baked Pork Chop Roasted Baby Potatoes Harvard Beets Chilled Peaches	02 Stuffed Peppers Tater Mashed Potatoes Seasoned Green Beans Blackberries Low Fat Vanilla Yogurt	03 Tater Tot Casserole Southwest Corn Pear	04 Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit
08 Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	09 Stuffed Manicotti/Marinara Sauce House Salad Italian Green Beans Sliced Strawberries / Cake	10 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Cherries	11 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana Half
14 - Monday Grandma's Hot Dish Zucchini & Cucumber Salad Seasoned Snap Peas Honeydew	15 - Tuesday Roast Beef & Gravy Dijon Red Potatoes Corn Peaches	16 - Wednesday Tuna Salad on Wheat Broccoli Slaw Potato Salad Mandarin Orange	17 - Thursday Chicken & Noodles Seasoned Green Peas Applesauce
22 Chili w/ Beans Baked Potato Apple Slices	23 Hawaiian Chicken Lemon Rice Pilaf Balsamic Brussel Sprouts Orange & Avocado Salad Watermelon	24 Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash & Peppers Pears with Vanilla Sauce	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes
29 Salisbury Steak Mashed Potatoes Broccoli Blueberries	30 Country Fried Steak/Brown Gravy Rosemary Potatoes Parslied Carrots Banana		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	01 Baked Pork Chop Roasted Baby Potatoes Harvard Beets Chilled Peaches	02 Taco Stuffed Potato Red Beans & Rice Chilled Pineapple	03 Tater Tot Casserole Southwest Corn Pear
08 - Tuesday BLAT Sandwich on Wheat Sweet Potato Waffle Fries Corn & Black Bean Fruited Mallow Gelatin	09 - Wednesday Stuffed Manicotti / Marinara Sauce House Salad Italian Green Beans Sliced Strawberries / Cake	10 - Thursday Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Cherries	11 - Friday Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana Half
14 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Blackberries Low Fat Vanilla Yogurt	15 Grandma's Hot Dish Zucchini & Cucumber Salad Seasoned Snap Peas Honeydew	16 BBQ Meatloaf Baked Potato Green Beans w/ Thyme Chilled Diced Pears	17 Chicken & Noodles Seasoned Green Peas Applesauce
21 Beef Stuffed Cabbage Mashed Potatoes Herbed Green Beans Heavenly Hash	22 Chili w/ Beans Baked Potato Apple Slices	23 Country Fried Steak Brown Gravy Rosemary Potatoes Parslied Carrots Banana	24 Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash & Peppers Pears with Vanilla Sauce
28 Beef Stroganoff/Parslied Noodles Peas Spinach Cheese Salad Blushing Pineapple	29 Salisbury Steak Mashed Potatoes Broccoli Blueberries	30 Cheeseburger Pie Glazed Sweet Potatoes Herbed Green Beans Banana	

RUTLAND (701-724-4074)

TUESDAY	WEDNESDAY	THURSDAY
01 Baked Pork Chop / Roasted Baby Potatoes Harvard Beets / Chilled Peaches	02 Tot Casserole / Southwest Corn Pear	03 Chicken Kiev / O'Brien Potatoes Green Bean Oregano / Fruit Cocktail
08 Baked Fish w/Dill Sauce/Italian Pasta Salad Squash Medley / Cherries	09 Cheeseburger Pie / Glazed Sweet Potatoes Herbed Green Beans / Banana	10 Grandma's Hot Dish /Zucchini & Cucumber Salad / Seasoned Snap Peas/ Honeydew
15 Chicken & Noodles / Seasoned Green Peas Applesauce	16 Roast Beef & Gravy / Dijon Red Potatoes Corn / Peaches	17 Chili w/ Beans / Baked Potato Apple Slices
22 Creamed Turkey / Dutchess Potatoes Glazed Baby Carrots / Grapes	23 Beef Stroganoff/Parslied Noodles Peas / Spinach Cheese Salad Broccoli Blushing Pineapple	24 Salisbury Steak / Mashed Potatoes Broccoli / Blueberries
29 Country Fried Steak / Brown Gravy Rosemary Potatoes / Parslied Carrots Banana	30 Stuffed Peppers / Mashed Potatoes Seasoned Green Beans Blackberries / Low Fat Vanilla Yogurt	

GWINNER (701)-678-3815

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Baked Pork Chop Roasted Baby Potatoes Harvard Beets Chilled Peaches	02 Taco Stuffed Potato Red Beans & Rice Chilled Pineapple	03 Tater Tot Casserole Southwest Corn Pear	04 Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit
07 CLOSED	08 BLAT Sandwich on Wheat Sweet Potato Waffle Fries Corn & Black Bean Salad Fruited Mallow Gelatin	09 Stuffed Manicotti / Marinara Sauce House Salad Italian Green Beans Sliced Strawberries /Cake	10 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Cherries	11 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Fruit Cocktail Banana Half
14 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Blackberries Low Fat Vanilla Yogurt	15 Grandma's Hot Dish Zucchini & Cucumber Salad Seasoned Snap Peas Honeydew	16 BBQ Meatloaf Chicken & Baked Potato Green Beans w/ Thyme Chilled Diced Pears	17 Chicken & Noodles Seasoned Green Peas Applesauce	18 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches
21 Beef Stuffed Cabbage Roll Mashed Potatoes Herbed Green Beans Heavenly Hash	22 Chili w/ Beans Baked Potato Apple Slices	23 Country Fried Steak Brown Gravy Rosemary Potatoes Parslied Carrots Banana	24 Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash & Peppers Pears with Vanilla Sauce	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes
28 Beef Stroganoff/ Parslied Noodles Peas Spinach Cheese Salad Blushing Pineapple	29 Salisbury Steak Mashed Potatoes Broccoli Blueberries	30 Cheeseburger Pie Glazed Sweet Potatoes Herbed Green Beans Banana		