

MAY 2026

Hillsboro (701-636-5954)

See pages 6-7 for all site menus - info on ordering a meal for all sites on page 2

MEALS ON WHEELS & MEALS AT CENTERS

Please call one day in advance by 2 pm Tuesday through Friday to leave reservation for a meal
(for Monday call by 2pm Friday)

Phone **701-636-5954**

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 Lemon Mustard Chicken Chive Mashed Potatoes Sweet & Savory Veggie Blend Chilled Tropical Fruit Wheat Dinner Roll	5 French Dip Sandwich Baked Potato Three Bean Salad Kiwi	6 Stuffed Shells & Sauce House Salad Winter Blend Veggies Seasonal Fresh Fruit Wheat Bread x 1	7 Turkey Macaroni Salad Carrot Raisin Salad Tomato Spoon Salad Pears with Blueberries Crackers	8 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp Wheat Roll
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches Wheat Dinner Roll	12 Sweet & Sour Chicken Brown Rice Broccoli Potstickers Mandarin Orange	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Steamed Carrots Banana Cake Wheat Dinner Roll	14 Cheesy Baked Ziti Sicilian Blend Veggies Apple Wheat Breadstick	15 Pork Wings Scalloped Potatoes Mixed Veggies Applesauce
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Peaches Low Fat Vanilla Yogurt Wheat Roll	19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple Wheat Bread x 2	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 Hawaiian Rolls Mixed Berries Dessert
25 <p style="text-align: center;">Closed</p> If you would like an additional meal, please call the office.	26 Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges Wheat Bread x 2	27 Egg Salad Sandwich on Wheat Tomato Slices Carrots & Celery Cottage Cheese & Fruit	28 Pulled Pork on Bun Corn Cucumber Dill Salad Watermelon	29 Turkey Noodle Casserole House Salad Seasoned Green Peas Peaches Wheat Dinner Roll

Mayville (701-788-3453)-Portland (701-788-3410)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 - MAYVILLE Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/Tomatoes Chilled Fruit Salad
4 - MAYVILLE Lemon Mustard Chicken Chive Mashed Potatoes Sweet & Savory Veggie Chilled Tropical Fruit	5 - PORTLAND French Dip Sandwich Baked Potato Three Bean Salad Kiwi	6 - MAYVILLE Stuffed Shells & Sauce House Salad Winter Blend Veggies Seasonal Fresh Fruit	7 - PORTLAND Turkey Macaroni Salad Carrot Raisin Salad Tomato Spoon Salad Pears with Blueberries	8 - MAYVILLE Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
11 - MAYVILLE Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	12 - PORTLAND Sweet & Sour Chicken Brown Rice Broccoli Potstickers	13 - MAYVILLE Turkey Cutlet & Gravy Mashed Sweet Potatoes Steamed Carrots Banana Cake	14 - PORTLAND Cheesy Baked Ziti Sicilian Blend Veggies Apple Wheat Breadstick	15 - MAYVILLE Pork Wings Scalloped Potatoes Mixed Veggies Applesauce
18 - MAYVILLE Stuffed Peppers Mashed Potatoes Seasoned Green Beans Peaches Low Fat Vanilla Yogurt	19 - PORTLAND Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 - MAYVILLE Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 - PORTLAND Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail	22 - MAYVILLE BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Hawaiian Rolls Mixed Berries/Dessert
25 - MAYVILLE Closed If you would like an additional meal, please call the office.	26 - PORTLAND Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 - MAYVILLE Egg Salad Sandwich on Wheat Tomato Slices Carrots & Celery Cottage Cheese & Fruit	28 - PORTLAND Pulled Pork on Bun Corn Cucumber Dill Salad Watermelon	29 - MAYVILLE Turkey Noodle Casserole House Salad Seasoned Green Peas Peaches

LET US PUT YOUR LIFE BACK IN FOCUS

Older Individuals Who are Blind (OIB) Program

Program Requirements:

- ◆ Be age 55 and older
- ◆ Have a vision impairment like macular degeneration, cataracts, etc.
- ◆ Not live in a nursing home

Some OIB Services Include:

- ◆ Assistive Technology Devices
 - ◇ Magnifier, lights, glare control
 - ◆ Communication Skills
 - ◇ Large print calendars, watches/clocks, computer training
 - ◆ Daily Living Skills
 - ◇ Meal prep, clothing care, leisure activities, grooming
 - ◆ Low Vision Assessment
 - ◆ Information and Referral to Other Programs
 - ◇ Talking Books, ND
- Assistive, ND Vision Services, etc.

Our specially trained team is located throughout North Dakota and will come to you for appointments—at no cost to you!

CONTACT US

Toll-Free: 800-755-2745, 711 (TTY)

Email: dhsvr@nd.gov

Website: hhs.nd.gov/vr/vision-services

NORTH
Dakota Be Legendary.

Health & Human Services

Funding for this was provided through a combination of Federal funds awarded by the U.S. Department of Education under the State Vocational Rehabilitation Services (VR) program and State appropriated funds. Federal funds pay for 78.7% of the program costs. For FFY 2023, the VR agency was awarded \$12,082,440 in Federal VR funds. The remaining 21.3% of funding of \$3,270,089 was provided by State appropriated funds.

Buxton (701-847-2069)

Monday	Wednesday	Friday
		1 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/ Tomatoes Chilled Fruit Salad
4 Lemon Mustard Chicken Chive Mashed Potatoes Sweet & Savory Veggie Blend	6 Stuffed Shells & Sauce House Salad Winter Blend Veggies Seasonal Fresh Fruit	8 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Steamed Carrots Banana/ Cake	15 Pork Wings Scalloped Potatoes Mixed Veggies Applesauce
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Peaches Low Fat Vanilla Yogurt	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Hawaiian Rolls Mixed Berries/Dessert
26—Tuesday Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Carrots & Celery Cottage Cheese & Fruit	29 Turkey Noodle Casserole House Salad Seasoned Green Peas Peaches

Finley (701-524-1818)

Monday	Wednesday	Friday
		1 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/ Tomatoes Chilled Fruit Salad
4 Lemon Mustard Chicken Chive Mashed Potatoes Sweet & Savory Veggie Blend	6 Stuffed Shells & Sauce House Salad Winter Blend Veggies Seasonal Fresh Fruit	8 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Steamed Carrots Banana/ Cake	15 Pork Wings Scalloped Potatoes Mixed Veggies Applesauce
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Peaches Low Fat Vanilla Yogurt	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Hawaiian Rolls Mixed Berries/Dessert
26—Tuesday Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Carrots & Celery Cottage Cheese & Fruit	29 Turkey Noodle Casserole House Salad Seasoned Green Peas Peaches

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

MEALS ON WHEELS

201,501

TAKE-OUT MEALS

64,487

TRANSPORTATION

52,321

RESOURCE SERVICE

Direct Services 1,083 hours