

# APRIL 2025

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
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread	Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Bread	Hamburger Whole Wheat Bun Baked Beans Tossed Salad Peaches	BBQ Chicken Baked Potato Maple Dijon Brussel Sprouts Tropical Fruit Whole Wheat Bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread	Chicken Veronique Mashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread	Seasoned Pork Roast w/ Gravy Baked Sweet Potato Coleslaw Cinnamon Applesauce	Chicken Ala King Steamed Baby Carrots Seasoned Green Beans Fresh Fruit Whole Wheat Biscuit	Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Ranch Chicken Baked Potato Mixed Vegetables Peaches Whole Wheat Bread	Cabbage Rolls Parsley Buttered Potatoes Seasoned Broccoli Fresh Fruit Whole Wheat Bread	Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans House Salad Fresh Fruit	Pulled Pork Sandwich Whole Wheat Bun Potato Salad Steamed Corn Warm Spiced Apples	<b>CLOSED</b> 
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Tropical Fruit Whole Wheat Bread	Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit Whole Wheat Bread	Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread	Breaded Chicken Parmesan Garlic Whipped Potatoes Steamed Brussels Sprouts Blushing Pears Whole Wheat Bread	Swedish Meatballs Whole Wheat Breadstick Mashed Potatoes Stewed Tomatoes Fresh Fruit
<b>28</b>	<b>29</b>	<b>30</b>		
Dijon Chicken Mashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread	BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Pears	Buttermilk Chicken Sister Shubert Roll Roasted Garlic Whipped Potatoes Glazed Carrots Easter Dessert w/ Fruit		