

AUGUST 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

			1	2
			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
5	6	7	8	9
Potato Chip Fish Baked Sweet Potato Green Beans Almondine Mandarin Oranges Whole Wheat Bun	Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce Whole Wheat Bread	Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread x2
12	13	14	15	16
Chicken Wild Rice Hotdish Steamed Corn California Blend Vegetables Pineapple Tidbits Whole Wheat Bread	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	Sloppy Joe Potato Salad Parslied Carrots Warm Cinnamon Apples Whole Wheat Bun	Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
19	20	21	22	23
Beef Stew Winter Blend Vegetables Apricots Whole Wheat Biscuit	Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Bread	Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	Hamburger Whole Wheat Bun Baked Beans Tossed Salad Peaches	Mr. Rib Patty Whole Wheat Hoagie Bun Maple Dijon Brussel Sprouts Baked Potato Fruit Pudding
26	27	28	29	30
Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread x2	Chicken Veronique Smashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2	Seasoned Pork Roast w/ Gravy Baked Sweet Potato Confetti Coleslaw Cinnamon Applesauce Whole Wheat Bread x2	Chicken Ala King w/ Whole Wheat Pasta Steamed Baby Carrots Seasoned Green Beans Fresh Fruit Whole Grain Breadstick	Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2