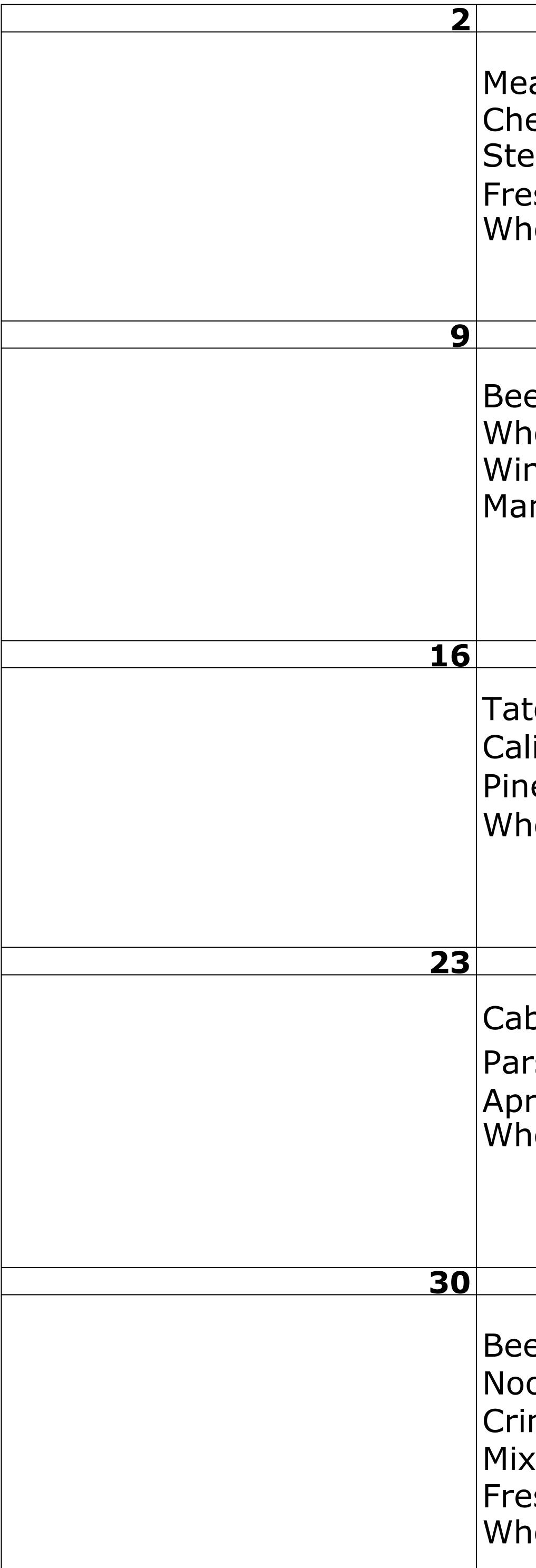
ALL MEALS INCLUDE 8 oz 1% MILK MONDAY



DECEMBER 2024 VALLEY SENIOR SERVICES- CASSELTON Call 701-347-8219 one day in advance before 12:00 PM For Meals on Wheels contact the main office at 701-293-1440 Menu subject to change

TUESDAY	3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
eatloaf heesy Whipped Potatoes tewed Tomatoes resh Fruit /hole Wheat Bread x2			Chili Baked Potatoes Parslied Carrots Apricots Whole Wheat Crackers	Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
	10	11	12	13
eef Stew hole Wheat Biscuit inter Blend Vegetables andarin Oranges			Hamburger Whole Wheat Bun Baked Beans Tossed Salad Warm Spiced Apples	BBQ Chicken Thigh Baked Potato Maple Dijon Brussel Sprouts Tropical Fruit Whole Wheat Bread x2
	17	18	19	20
ator Tot Hotdish alifornia Blend Vegetable neapple Tidbits /hole Wheat Bread			Seasoned Pork Roast & Gravy Baked Sweet Potato Steamed Corn Cinnamon Applesauce Whole Wheat Bread x2	Chicken Veronique Mash Potatoes Diced Beets Fresh Fruit Whole Wheat Bread
	24	25	26	27
abbage Rolls arsley Buttered Potatoes pricots hole Wheat Bread		MERRY CHRISTMAS	Pulled Pork Sandwich Whole Wheat Bun Baked Sweet Potato Green Beans Fresh Fruit	Chicken Kiev Scalloped Potatoes Peas & Carrots Mandarin Oranges Whole Wheat Bread x2
	31			
eef Stroganoff oodles rinkle Cut Carrots ixed Vegetables resh Fruit /hole Wheat Bread				