

# 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*

ALL MEALS INCLUDE 8 oz 1% MILK  
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3	4	5	6
	Meatloaf Cheesy Whipped Potatoes Stewed Tomatoes Fresh Fruit Whole 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
9	10	11	12	13
	Beef Stew Whole Wheat Biscuit Winter Blend Vegetables Mandarin 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
16	17	18	19	20
	Tator Tot Hotdish California Blend Vegetable Pineapple Tidbits Whole 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
23	24	25	26	27
	Cabbage Rolls Parsley Buttered Potatoes Apricots Whole 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
30	31			
	Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit Whole Wheat Bread			