

# DECEMBER 2024

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>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Chicken Wild Rice Hotdish Steamed Corn California Blend Vegetables Pineapple Tidbits Whole Wheat Bread	Meatloaf Cheesy Whipped Potatoes Stewed Tomatoes Fresh Fruit Whole Wheat Bread x2	Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears 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
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Orange Marmalade Chicken Mashed Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	Beef Stew Whole Wheat Biscuit Winter Blend Vegetables Mandarin Oranges	Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Bread	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
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread	Tator Tot Hotdish California Blend Vegetable Pineapple Tidbits Whole Wheat Bread	Lasagna Whole Wheat Breadstick Tossed Salad Steamed Baby Carrots Pistachio Pudding w/ a Cherry	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
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Ranch Chicken Thigh Brown Sugar Baked Squash Mixed Vegetables Peaches Whole Wheat Bread x2	Cabbage Rolls Parsley Buttered Potatoes Apricots Whole Wheat Bread	<p>MERRY CHRISTMAS</p> 	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
<b>30</b>	<b>31</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			