

DECEMBER 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

2	3	4	5	6
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
Beef Stew Whole Wheat Biscuit Winter Blend Vegetables Mandarin Oranges	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 Warm Spiced Apples	BBQ Chicken Thigh Baked Potato Maple Dijon Brussel Sprouts Tropical Fruit Whole Wheat Bread x2
Tator Tot Hotdish California Blend Vegetables Pineapple Tidbits Whole Wheat Bread x2	Chicken Veronique Smashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2	Homemade 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	Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
Ranch Chicken Thigh Brown Sugar Baked Squash Mixed Vegetables Peaches Whole Wheat Bread x2	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
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			