

FEBRUARY 2025

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
3	4	5	6	7
	Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Bread		Hamburger Whole Wheat Bun Baked Beans Tossed Salad Peaches	BBQ Chicken Baked Potato Maple Dijon Brussel Sprouts Tropical Fruit Whole Wheat Bread
10	11	12	13	14
	Chicken Veronique Mash Potatoes Diced Beets Fresh Fruit Whole Wheat Bread		Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread	Meatball Sub Sandwich Hoagie Bun Crinkle Cut Carrots Seasoned Green Beans Fresh Fruit Valentine's Day Dessert
17	18	19	20	21
	Salsa Chicken Parsley Buttered Potatoes Seasoned Broccoli Fresh Fruit Whole Wheat Bread		Pulled Pork Sandwich Potato Salad Steamed Corn Warm Spiced Apples Whole Wheat Bun	Chicken Kiev Baked Potato Peas & Carrots Orange Jell-O w/ Mandarin Oranges Whole Wheat Bread
24	25	26	27	28
	Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit		Barbeque Chicken Parmesan Garlic Whipped Potatoes Steamed Brussels Sprouts Blushing Pears Whole Wheat Bread	Swedish Meatballs Whole Wheat Breadstick Mashed Potatoes Stewed Tomatoes Fresh Fruit