


FEBRUARY 2025

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
3	4	5	6	7
Beef Stew Winter Blend Vegetables Apricots Whole Wheat Biscuit	Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Bread	Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage 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
Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread	Chicken Veronique Mash Potatoes Diced Beets Fresh Fruit Whole Wheat Bread	Seasoned Pork Roast w/ Gravy Baked Sweet Potato Confetti Coleslaw Cinnamon Applesauce 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
 <p style="text-align: center;">Closed HAPPY PRESIDENT'S DAY</p>	Salsa Chicken Parsley Buttered Potatoes Seasoned Broccoli Fresh Fruit Whole Wheat Bread	Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans Shredded Lettuce Fresh Fruit	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
Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Tropical Fruit Whole Wheat Bread	Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit	Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread	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