

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

		1	2	3
			Monterey Chicken Parmesan Garlic Whipped Potatoes Steamed Brussels Sprouts Blushing Pears Whole Wheat Bread x2	Swedish Meatballs Whole Wheat Breadstick Mashed Potatoes Stewed Tomatoes Fresh Fruit
6	7	8	9	10
	BBQ Beef Patty Baked Beans Steamed Corn Pears Whole Wheat Bun		Smothered Pork Chop Baked Potato Hawaiian Coleslaw Fresh Fruit Whole Wheat Bread x2	Pot Roast Whole Wheat Breadstick Parsley Buttered Potatoes Glazed Carrots Apple Crisp
13	14	15	16	17
	Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2		Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread	Meatloaf Baked Potato Stewed Tomatoes Lime Jell-O w/ Pears Whole Wheat Bread x2
20	21	22	23	24
	Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread		Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce	Sloppy Joe Sandwich Whole Wheat Bun Baked Beans Steamed Broccoli Tropical Fruit
27	28	29	30	31
	Salisbury Steak w/Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2		Chili Saltine Crackers Baked Potato Parslied Carrots Apricots	Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2