



JANUARY 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
		1	2	3
		CLOSED 	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
Dijon Chicken Mashed Potatoes California Blend Veggies Apricots Whole Wheat Bread x2	BBQ Beef Patty Baked Beans Steamed Corn Pears Whole Wheat Bun	Gjetost Chicken Roasted Garlic Whipped Potatoes Green Beans Fresh Fruit Whole Wheat Bread	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
Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit	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
CLOSED 	Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	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
Chicken Wild Rice Hotdish Steamed Corn California Blend Veggies Pineapple Tidbits Whole Wheat Bread	Salisbury Steak w/Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears 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