

JULY 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
1	2	3	4	5
Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread x2	Chicken Veronique Smashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2	Seasoned Pork Roast w/ Gravy Baked Sweet Potato Confetti Coleslaw Fruit Whole Wheat Bread x2	Closed 	Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
8	9	10	11	12
Ranch Chicken Thigh Baked Potato Mixed Vegetables Peaches Whole Wheat Bread x2	Cabbage Rolls Parsley Buttered Potatoes Seasoned Broccoli Fresh Fruit Whole Wheat Bread	Taco Filling & Cheese Shredded Lettuce Whole Grain Tortilla x2 Black Beans Fresh Fruit	Pulled Pork Sandwich Whole Wheat Bun Potato Salad Steamed Corn Warm Spiced Apples	Chicken Kiev Scalloped Potatoes Peas & Carrots Orange Jello w/Oranges Whole Wheat Bread x2
15	16	17	18	19
Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Tropical Fruit Whole Wheat Bread Tartar Sauce	Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit Whole Wheat Bread	Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread x2	Rosemary Orange Chicken Parmesan Garlic Potatoes Steamed Brussels Spouts Lime Jello w/Pears Whole Wheat Bread x2	Provider Choice Meal Swedish Meatballs Breadstick Mashed Potatoes Stewed Tomatoes Fresh Fruit Whole Wheat Bread
22	23	24	25	26
Dijon Chicken Smashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread x2	BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Pears	Orange Chicken Dumplings Brown Rice Carrots Fresh Orange	Smothered Pork Chop Baked Potato Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	Spaghetti w/ Meatsauce Noodles Steamed Cauliflower Green Beans Pineapple Tidbits Whole Wheat Bread
29	30	31		
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 Whole Wheat Bread Tartar Sauce		