

MARCH 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
	BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Pears		Smothered Pork Chop Baked Potato Hawaiian Coleslaw Fresh Fruit Whole Wheat Bread	Spaghetti w/ Meatsauce Steamed Cauliflower Crinkle Cut Carrots Pineapple Tidbits Whole Wheat Bread
	11		13	14
	Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2		Chicken & Noodles Tossed Salad Mixed Vegetables Lime Jell-O w/ Pears Whole Wheat Bread	Lemon Pepper Fish Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread
	18		20	21
	Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread		Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce Whole Wheat Bread	Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread
	25		27	28
	Salisbury Steak w/Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2		Chili Baked Potato Parslied Carrots Apricots Saltine Crackers	Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread