

NOVEMBER 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

				<p>1</p> <p>Chicken Kiev Scalloped Potatoes Peas & Carrots Orange Jello w/Mandarin Oranges Whole Wheat Bread x2</p>
4	5	6	7	8
<p>Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Tropical Fruit Whole Wheat Bread</p>	<p>Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit Whole Wheat Bread</p>	<p>Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread x2</p>	<p>Rosemary Orange Chicken Parmesan Garlic Whipped Potatoes Steamed Brussels Sprouts Blushing Pears Whole Wheat Bread x2</p>	<p>Swedish Meatballs Whole Wheat Breadstick Mashed Potatoes Stewed Tomatoes Fresh Fruit</p>
11	12	13	14	15
<p>Closed</p> 	<p>BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Pears</p>	<p>Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2</p>	<p>Smothered Pork Chop Baked Potato Hawaiian Coleslaw Fresh Fruit Whole Wheat Bread x2</p>	<p>Spaghetti w/Meatsauce Noodles Steamed Cauliflower Crinkle Cut Carrots Pineapple Tidbits Whole Wheat Bread</p>
18	19	20	21	22
<p>Bronze Pork Loin Baked Sweet Potato Seasoned Brussels Sprouts Peaches Whole Wheat Bread x2</p>	<p>Chicken & Noodles Tossed Salad Mixed Vegetables Fresh Fruit Whole Wheat Bread</p>	<p>Roast Turkey Rosemary Sage Dressing Mashed Potatoes & Gravy Glazed Carrots Cranberries Pumpkin Bar</p>	<p>Lemon Peper Fish Vegetable Rice Pilaf Creamed Peas Steamed Broccoli Fresh Fruit Whole Wheat Bread</p>	<p>Salisbury Steak w/ Mushroom Gravy Baked Potato Stewed Tomatoes Lime Jell-O w/ Pears Whole Wheat Bread x2</p>
25	26	27	28	29
<p>Potato Chip Fish Whole Wheat Bun Scalloped Potatoes Green Beans Almondine Mandarin Oranges</p>	<p>Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread</p>	<p>Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Cinnamon Applesauce Whole Wheat Bread x2</p>	<p>Closed</p> 	<p>Closed</p>