

OCTOBER 2024

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 Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	2 Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	3 Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce Whole Wheat Bread	4 Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread x2
7	8	9	10	11
Chicken Wild Rich Hotdish Steamed Corn California Blend Vegetables 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 Baked Potato Parslied Carrots Apricots Sour Cream Saltine Crackers	Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
14	15	16	17	18
Beef Stew Winter Blend Vegetables Mandarin Oranges Whole Wheat Biscuit	Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Green Beans Whole Wheat Bread	Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	Hamburger Whole Wheat Bun Baked Beans Tossed Salad Warm Spiced Apples	BBQ Chicken Thigh Baked Potato Maple Dijon Brussels Sprouts Tropical Fruit Whole Wheat Bread x2
21	22	23	24	25
Tator Tot Hotdish California Blend Vegetables Pineapple Tidbits 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 Cinnamon Applesauce Whole Wheat Bread x2	Chicken Alfredo Noodles Whole Wheat Breadstick Steamed Baby Carrots Seasoned Green Beans Blushing Pears	Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
28	29	30	31	
Ranch Chicken Thigh Brown Sugar Baked Squash Mixed Vegetables Peaches Whole Wheat Bread x2	Cabbage Rolls Parsley Buttered Potatoes Seasoned Broccoli Apricots Whole Wheat Bread	Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans Shredded Lettuce Warm Spiced Apples	Pulled Pork Sandwich Whole Wheat Bun Potato Salad Steamed Corn Fruit & Monster Cookie	