


**Serving Times:**

Monday – Friday - 11:30 AM

Saturday - 12:00 PM Sunday - 12:30 PM

# Valley City's Menu for January 2019

All meals include ~ 2 slices of Whole Grain Bread, 1 cup of 1% Milk, Margarine, Coffee and dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Center CLOSED 	2 Chicken strips Oven potatoes Corn Dump cake  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	3 Soup Sandwich Juice Fruit  5:30 PM Supper Entrée: Pork roast Entertainment: To Be Announced	4 Fish Paprika potatoes Beets Peaches  9:30 AM – Bone Builders' Exercise 1 PM – Bingo	5 BBQ riblette on a bun Baby bakers Baby carrots Cookie  Grace Hanson's 90 <sup>th</sup> Birthday Open House – 2:30 to 5 PM
6 Roast beef Mashed potatoes & gravy Green beans Bar	7 Cranberry chicken Parsley potatoes Wax beans Pudding  9:30 AM – Advisory Board 1:15 PM – Whist Tournament	8 Swiss steak Mashed potatoes Prince Edward vegetables Pears  12 Noon - NARFE 1:15 PM – Pinochle	9 Meatloaf Small red potatoes Creamed corn Cake  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	10 Egg bake Sausage patty Oven potatoes Caramel roll  10:30 AM - Brunch 1:15 PM – Pinochle Day	11 Rope sausage Sauerkraut Mashed potatoes Green beans Pie  9:30 AM – Bone Builders' Exercise 1 PM – Bingo	12 Chicken patty on bun Macaroni salad Baked beans Jello
13 Oven chicken Baked potatoes Beets Fruit crisp	14 Country fried steak Mashed potatoes & country gravy Peas & carrots Pineapple  1:15 PM - Whist	15 Pork chops Augratin potatoes Peas Apricots  1:15 PM – Pinochle	16 Creamed turkey & biscuits Mixed vegetables Bar  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	17 Soup Sandwich Fruit Juice  5:30 PM Supper Entrée: Meatballs Entertainment: To Be Announced	18 Teriyaki chicken Fried rice Green beans Pudding  9:30 AM – Bone Builders' Exercise 1 PM - Bingo	19 Taco salad Spanish rice Applesauce
20 Ham Yams Wax beans Brownie	21 Riblette on a bun Baby bakers Beets Cookie  1:15 PM - Whist	22 Pepper onion steak Mashed potatoes & gravy Corn Pudding  1:15 PM – Pinochle	23 BBQ pulled pork on a bun Augratin potatoes Winter blend vegetables Apple rings  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	24 Pancake on a stick Hashbrowns Fruit salad  10:30 AM - Brunch 1:15 PM – Pinochle	25 Chicken broccoli salad Coleslaw Roll Jello with fruit  9:30 AM – Bone Builders' Exercise 1 PM - Bingo	26 Hot dog Baked beans Pickled beets Fruit
27 Salisbury steak Mashed potatoes & gravy Corn Cheesecake	28 Lasagna Garlic toast Lettuce salad Pudding  1:15 PM - Whist	29 Beef tips Mashed potatoes & gravy Peas Cake  1:15 PM – Pinochle Tournament	30 Turkey Stuffing Yams Fruit cocktail  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	31 Honey mustard chicken Baked potatoes Carrots Cookie  1:15 PM – Pinochle 3 PM – Pie Day		



**Serving Times:**

Monday – Friday - 11:30 AM

Saturday - 12:00 PM Sunday - 12:30 PM

**Valley City's Menu for February 2019**

All meals include ~ 2 slices of Whole Grain Bread, 1 cup of 1% Milk, Margarine, Coffee and dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fish Paprika potatoes Beets Bar  9:30 AM – Bone Builders' Exercise 1 PM - Bingo	2 Chicken strips Potato salad Corn Pudding
3 Pork chops Mashed potatoes & gravy Broccoli Cake	4 Rope sausage Mashed potatoes Sauerkraut Key West vegetables Pineapple  9:30 AM – Advisory Board 1:15 PM – Whist Tournament	5 BBQ chicken Parsley potatoes Carrots Pears  1:15 PM – Pinochle	6 Hamburger hotdish Lettuce salad Roll Dump cake  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	7 Soup Sandwich Fruit Juice  5:30 PM Supper Entrée: Country fried steak Entertainment: To Be Announced	8 Cranberry chicken Baked potato Green beans Pudding  9:30 AM – Bone Builders' Exercise 1 PM - Bingo	9 BBQ beef on a bun Oven potatoes Corn Cookie
10 Chicken cordon bleu Scalloped potatoes Peas Fruit crisp	11 Salisbury steak Mashed potatoes & gravy Mixed vegetables Peaches  1:15 PM - Whist	12 Beef stew Lettuce salad Breadstick Pie  12 Noon - NARFE 1:15 PM – Pinochle	13 Tator tot hotdish Green beans Roll Pudding  9:30 AM – Bone Builders' Exercise 1:15 PM – Whist	14 <b>Happy Valentine's Day</b> Frittatas Diced potatoes Sausage links Cinnamon rolls   Wear Red Day – Door prizes 10:30 AM - Brunch 1:15 PM – Pinochle	15 Cabbage rolls Augratin potatoes Carrots Cookie  9:30 AM – Bone Builders' Exercise 1 PM - Bingo	16 Egg roll Fried rice Wax beans Tropical fruit
17 Ham Squash Winter blend vegetables Cheesecake	18 <b>Presidents' Day</b> Meatballs Mashed potatoes & gravy Corn Bar  1:15 PM - Whist	19 Chicken alfredo over noodles Peas Apple rings  1:15 PM – Pinochle	20 Swiss steak Mashed potatoes Capri vegetables Jello with fruit  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	21 Soup Sandwich Fruit Juice  5:30 PM Supper Entrée: Roast beef Entertainment: To Be Announced	22 Fish Parsley potatoes Mixed vegetables Apricots  9:30 AM – Bone Builders' Exercise 1 PM - Bingo	23 Riblette on a bun Baby bakers Baby carrots Cookie
24 Pork loin Mashed potatoes & gravy Peas & carrots Brownie	25 Country fried steak Mashed potatoes & country gravy Green beans Pudding  1:15 PM - Whist	26 Lasagna Lettuce salad Garlic toast Mandarin oranges  1:15 PM – Pinochle Tournament	27 Oven chicken Yukon potatoes Wax beans Poke cake  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	28 French toast Ham Juice Applesauce  10:30 AM - Brunch 1:15 PM – Pinochle Day		