


Serving Times:

Monday – Friday - 11:30 AM

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

## Valley City's Menu for March 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 Teriyaki chicken Fried rice Corn Bar  9:30 AM – Bone Builders' Exercise 1 PM – Bingo	2 Rope sausage Mashed potatoes Sauerkraut Peaches
3 BBQ ribs Augratin potatoes Green beans Cake	4 Lasagna Lettuce salad Garlic toast Pudding  9:30 AM – Advisory Board 1:15 PM – Whist Tournament	5 Tator tot hotdish Roll Winter blend vegetables Cookie  1:15 PM – Pinochle	6 <b>Ash Wednesday</b> Fish Paprika potatoes Peas Fruit cocktail  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	7 Soup Sandwich Juice Fruit  5:30 PM Supper Entrée: Salisbury steak Entertainment: To Be Announced	8 Fish Baby bakers Carrots Pears  9:30 AM – Bone Builders' Exercise 1 PM – Bingo	9 Chicken strips Potato salad Corn Pudding
10 Cranberry meatballs Baked potato Mixed vegetables Pie	11 Cordon bleu Augratin potatoes Peas Cheesecake  1:15 PM - Whist	12 Pork loin Mashed potatoes Wax beans Apple rings  12 Noon - NARFE 1:15 PM – Pinochle	13 Spaghetti & meat sauce Lettuce salad Garlic toast Cookie  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	14 Egg bake Sausage links Hashbrowns Juice Muffin  10:30 AM – Brunch: <b>Wear Green Day</b> 1:15 PM – Pinochle Day	15 Fish Scalloped potatoes Green beans Tropical fruit  9:30 AM – Bone Builders' Exercise 1 PM - Bingo	16 Calico beans Coleslaw Breadstick Pineapple
17 <b>St. Patrick's Day</b> Corned beef Cabbage Carrots & potatoes Cake 	18 Creamy chicken over Noodles Capri vegetables Bar  1:15 PM - Whist	19 Salisbury steak Mashed potatoes Green beans Apricots  1:15 PM – Pinochle	20 Cabbage rolls Augratin potatoes Carrots Mandarin oranges  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	21 Soup Sandwich Fruit Juice  5:30 PM Supper Entrée: BBQ Meatballs Entertainment: To Be Announced	22 Fish Parsley potatoes Key West vegetables Pudding  9:30 AM – Bone Builders' Exercise 1 PM - Bingo	23 Hot dog on a bun Macaroni salad Baked beans Pears
24 Pork roast Mashed potatoes & gravy Corn Fruit crisp	25 Meatballs Mashed potatoes & gravy Baby carrots Pineapple  1:15 PM - Whist	26 Chicken kiev Oven potatoes Green beans Cookie  1:15 PM – Pinochle Tournament	27 Meatloaf Baked potato Wax beans Pudding  9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	28 Biscuits & country gravy Sausage patty Peaches Juice  10:30 AM - Brunch 1:15 PM – Pinochle	29 Fish Baby bakers Peas & carrots Poke cake  9:30 AM – Bone Builders' Exercise 1 PM - Bingo	30 Ham salad on croissant Soup Jello with fruit  2-5 PM – Maridenis Carpenter's 90 birthday Open House
31 Swiss steak Mashed potatoes Broccoli Brownie						


**Serving Times:**

Monday – Friday - 11:30 AM

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

## Valley City's Menu for April 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
	<p>1 Teriyaki chicken Fried rice Corn Mandarin oranges</p> <p>9:30 AM – Advisory Board 1:15 PM – Whist Tournament</p>	<p>2 Pepper steak Baby bakers Prince Edward vegetables Apple rings</p> <p>1:15 PM – Pinochle</p>	<p>3 Beef stroganoff over Noodles Mixed vegetables Cake</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM - Whist</p>	<p>4 Soup Sandwich Fruit Juice</p> <p>5:30 PM Supper Entrée: BBQ ribs Entertainment: To Be Announced</p>	<p>5 Fish Oven potatoes Peas Fruit cocktail</p> <p>9:30 AM – Bone Builders' Exercise 1 PM - Bingo</p>	<p>6 Chili Cornbread Macaroni salad Cookie</p>
<p>7 Creamed pork chop Scalloped potatoes Baby carrots Bar</p>	<p>8 Cordon bleu Baked potato Green beans Pears</p> <p>1:15 PM – Whist</p>	<p>9 Lasagna Lettuce salad Garlic toast Pineapple</p> <p>12 Noon - NARFE 1:15 PM – Pinochle</p>	<p>10 Hamburger on a bun Potato salad Baked beans Pudding</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM - Whist</p>	<p>11 Frittatas Hashbrown patty Ham Caramel roll</p> <p>10:30 AM - Brunch 1:15 PM – Pinochle</p>	<p>12 Fish Baby bakers Creamed corn Fruit crisp</p> <p>9:30 AM – Bone Builders' Exercise 1 PM - Bingo</p>	<p>13 Egg rolls Fried rice Carrots Apricots</p>
<p>14 <b>Palm Sunday</b> Ham Yams Key West vegetables Cake</p>	<p>15 Salisbury steak Mashed potatoes &amp; gravy Corn Peaches</p> <p>1:15 PM - Whist</p>	<p>16 Chicken alfredo over Noodles Peas Roll Bar</p> <p>9:30 AM – Friends &amp; More Club painting class, \$10 1:15 PM – Pinochle</p>	<p>17 BBQ chicken Oven potatoes Green beans Cookie</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM – Whist</p>	<p>18 Soup Sandwich Fruit Juice</p> <p>5:30 PM Supper Entrée: Roast beef Entertainment: Dean Scoular, Doran Chandler &amp; Dave Oakland</p>	<p>19 <b>Good Friday</b> Fish Paprika potatoes Beets Pudding</p> <p>9:30 AM – Bone Builders' Exercise 1 PM - Bingo</p>	<p>20 Chicken strips Potato salad Corn Tropical fruit</p>
<p>21 <b>Center CLOSED Happy Easter</b></p> 	<p>22 Riblette on a bun Scalloped potatoes Peas Pineapple</p> <p>1:15 PM - Whist</p>	<p>23 Meatloaf Baked potato Spinach Pears</p> <p>1:15 PM – Pinochle</p>	<p>24 Beef stew Lettuce salad Breadstick Dump cake</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM - Whist</p>	<p>25 French toast Sausage links Fruit cocktail Juice</p> <p>10:30 AM - Brunch 1:15 PM – Pinochle Day</p>	<p>26 Meatballs Mashed potatoes &amp; gravy Corn Cookies</p> <p>9:30 AM – Bone Builders' Exercise 1 PM - Bingo</p>	<p>27 Barbacues Baked beans Coleslaw Jello</p>
<p>28 Sweet &amp; sour chicken Rice Japanese vegetables Cheesecake</p>	<p>29 Cabbage rolls Augratin potatoes Carrots Pudding</p> <p>1:15 PM - Whist</p>	<p>30 Oven chicken Parsley potatoes Green beans Apricots</p> <p>1:15 PM – Pinochle Tournament</p>				