







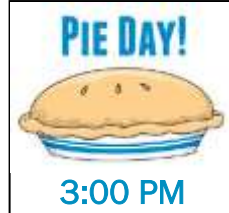
Serving Times:

Monday – Friday - 11:30 AM

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

Valley City's Menu for November 2018

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>To All Veterans</p>  <p>Whether At Home Or Abroad Active Duty - Reserves - Retired All Americans Say: THANK YOU!</p>				<p>1 Soup Sandwich Juice Fruit</p>  <p>5:30 PM Supper Entrée: Roast beef Entertainment: Mel Olstad, Myron Trangsrud & Jim Berntson</p>	<p>2 Fish Parsley potatoes Peas & carrots Pudding</p> <p>9:30 AM – Bone Builders' Exercise 1 PM – Bingo</p>	<p>3 Riblette on a bun Baby bakers Carrots Fruit cocktail</p>
<p>4 Oven chicken Baked potato Green beans Pie</p>	<p>5 Ham Yams Mixed vegetables Peaches Cookie</p> <p>9:30 AM – Advisory Board 1:15 PM – Whist Tournament</p>	<p>6 Cranberry chicken Augratin potatoes Wax beans Apricots Bar</p> <p>12 Noon - NARFE 1:15 PM – Pinochle</p>	<p>7 Beef stew Lettuce salad Breadstick Tropical fruit</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM - Whist</p>	<p>8 Scrambled eggs Sausage links Hashbrowns Cinnamon roll Juice</p> <p>10:30 AM - Brunch 1:15 PM – Pinochle</p>	<p>9 Salisbury steak Mashed potatoes & gravy Mixed vegetables Juice Pudding</p> <p>9:30 AM – Bone Builders' Exercise 1 PM – Bingo</p>	<p>10 Egg salad on croissant Soup Chips Fruit</p>
<p>11 Parmesan chicken Au gratin potatoes Key West vegetables Juice Cheesecake</p> 	<p>12 Chicken strips Cheesy hashbrowns Peas Applesauce Cake</p> <p>1:15 PM - Whist</p>	<p>13 Beef tips Mashed potatoes & gravy Corn Pudding</p> <p>1:15 PM – Pinochle</p>	<p>14 Meatloaf Baked potato Spinach Mandarin oranges</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM - Whist</p>	<p>15 Soup Sandwich Fruit Juice</p>  <p>5:30 PM Supper Entrée: Turkey & trimmings Entertainment: Dean Scoular, Doran Chandler & David Oakland</p>	<p>16 Lasagna Lettuce salad Garlic toast Wax beans Apricots Cookie</p> <p>9:30 AM – Bone Builders' Exercise 1 PM - Bingo</p>	<p>17 Chili with beans Cornbread Coleslaw Jello with fruit</p> <p>Elvis Show - Fundraiser Supper 5PM Dance 7PM</p>
<p>18 Roast beef Mashed potatoes & gravy Corn Pineapple Cake</p>	<p>19 Cabbage rolls Au gratin potatoes Carrots Pears</p> <p>1:15 PM - Whist</p>	<p>20 Chicken alfredo over Noodles Peas Breadstick Cookie</p> <p>1:15 PM – Pinochle</p>	<p>21 Pork roast Mashed potatoes & gravy Carrots Apricots Bar</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM - Whist</p>	<p>22 Happy Thanksgiving Center CLOSED</p> 	<p>23 Tater tot hotdish Green beans Coleslaw Mandarin oranges</p> <p>9:30 AM – Bone Builders' Exercise 1 PM - Bingo</p>	<p>24 Ham salad on croissant Baked beans Mixed vegetables Juice Pudding</p>
<p>25 Pork loin Baked potato Creamed corn Fruit crisp</p>	<p>26 Stuffed bell pepper Scalloped potatoes Beets Apple rings</p> <p>1:15 PM - Whist</p>	<p>27 BBQ meatballs Parsley potatoes Mixed vegetables Pineapple Cookie</p> <p>1:15 PM – Pinochle Tournament</p>	<p>28 Oven chicken Oven potatoes Wax beans Jello with fruit</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM - Whist</p>	<p>29 Frittata Oven Potatoes Ham Muffins</p>  <p>10:30 AM – Brunch 1:15 PM – Pinochle</p>	<p>30 Fish Paprika potatoes Green beans Fruit Bar</p> <p>9:30 AM – Bone Builders' Exercise 1 PM - Bingo</p>	

Serving Times:

Monday – Friday - 11:30 AM

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

Valley City's Menu for December 2018

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 Hot dog on a bun Potato salad Pork-n-beans Pears
2 Ham Yams Mixed vegetables Dump cake	3 Country fried steak Mashed potatoes & country gravy Carrots Fruit cocktail 9:30 AM – Advisory Board 1:15 PM – Whist Tournament	4 Teriyaki chicken Fried rice Peas Fruit Cake 1:15 PM – Pinochle	5 Spaghetti & meat sauce Lettuce salad Green beans Pudding 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	6 Soup Sandwich Fruit Juice 5:30 PM Supper Entrée: Salisbury steak Entertainment: To Be Announced Advisory Board Election 4:30-5:30 PM	7 Honey mustard chicken Scalloped potatoes Peas and carrots Peaches 9:30 AM – Bone Builders' Exercise 1 PM - Bingo	8 Chicken strips Baby bakers Creamed corn Juice Cookie
9 Cranberry chicken Augratin potatoes Mixed vegetables Cheesecake	10 BBQ chicken Oven potatoes Corn Apricots Pudding 1:15 PM - Whist	11 Beef tips Mashed potatoes & gravy Prince Edward vegetables Applesauce Bar 12 Noon - NARFE 1:15 PM – Pinochle	12 Pork chops Baked potatoes Baby carrots Fruit cocktail 9:30 AM – Bone Builders' Exercise 1:15 PM – Whist	13 Biscuits & gravy w/sausage crumble Diced potatoes Pineapple 10:30 AM - Brunch 1:15 PM – Pinochle	14 Beef stroganoff over noodles Wax beans Tropical fruit Cookie 9:30 AM – Bone Builders' Exercise 1 PM - Bingo	15 Calico beans Breadstick Coleslaw Juice Pudding
16 Meatballs Mashed potatoes & gravy Green beans Fruit salad	17 Polish sausage Mashed potatoes Sauerkraut Peaches Cookie 1:15 PM – Whist	18 Cabbage rolls Au gratin potatoes Carrots Mandarin oranges 1:15 PM – Pinochle Tournament	19 Hamburger hotdish Lettuce salad Key West vegetables Breadstick Fruit crisp 9:30 AM – Bone Builders' Exercise 1:15 PM – Whist	20 Soup Sandwich Fruit Juice 5:30 PM Supper Entrée: Ham Entertainment: Hilde Van Gyssel Sing-a-long 	21 Fish Au gratin potatoes Broccoli Pudding 9:30 AM – Bone Builders' Exercise 1 PM - Bingo	22 Riblette on a bun Oven potatoes Corn Apple rings Cookie
23 Salisbury steak Mashed potatoes & gravy Peas Pears Cake	24 French Toast American Fries Sausage Patty Fuit 10:30 AM – Christmas Eve Brunch	25 Center CLOSED 	26 BBQ meatballs Parsley potatoes Wax beans Pudding 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	27 Egg frittatas Ham Hashbrowns Juice Muffin 10:30 AM - Brunch 1:15 PM – Pinochle	28 Lasagna Green beans Lettuce salad Garlic toast Jello with fruit 9:30 AM – Bone Builders' Exercise 1 PM - Bingo	29 Tater tot hotdish Mixed vegetables Roll Tropical fruit
30 Pork loin Baked potato Key West vegetables Apricots Brownie	31 Pancakes Sausage links Juice Fruit salad 10:30 AM – New Years' Eve Brunch					