


Serving Times:

Monday – Friday - 11:30 AM

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

Valley City's Menu for September 2017

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 Chicken kiev Baby bakers Peas & carrots Cookie 9:30 AM – Bone Builders' Exercise 1 PM – Bingo	2 Calico beans Coleslaw Cornbread Pudding
3 Oven chicken Augratin potatoes Green beans Poke cake	4 Labor Day Center CLOSED LABOR DAY 	5 Meatloaf Mashed potatoes Corn Fruit 1:15 PM – Pinochle	6 BBQ Chicken Baked potatoes Carrots Bar 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	7 Soup Sandwich Juice Fruit 5:30 PM Supper Entrée: Ham Entertainment: Danny & Sandy Nelson	8 Roast beef Mashed potatoes & gravy Wax beans Pudding 9:30 AM – Bone Builders' Exercise 1 PM – Bingo	9 Egg salad on croissant Baked beans Cookie
10 Ham Scalloped potatoes Peas & carrots Brownie	11 Lasagna Lettuce salad Garlic toast Pudding 9:30 AM – Advisory Board 1:15 PM – Whist Tournament	12 Beef tips Mashed potatoes & gravy Beets Fruit 12 Noon - NARFE 1:15 PM – Pinochle	13 Parslied pork chop Baby red potatoes Corn Jello with fruit 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	14 Chicken alfredo over noodles Peas Pie 1:15 PM – Pinochle Day	15 Shredded beef on a bun Hashbrowns Green bean bake Cake 9:30 AM – Bone Builders' Exercise 1 PM - Bingo	16 Rope sausage Mashed potatoes Sauerkraut Fruit
17 Turkey Mashed potatoes & gravy Corn Fruit crisp	18 Hamburger hotdish Coleslaw Green beans Dump cake 1:15 PM - Whist	19 Oven chicken Augratin potatoes Peas Pudding 1:15 PM – Pinochle	20 Meatballs Mashed potatoes & gravy Carrots Cheesecake 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	21 Soup Sandwich Fruit Juice 5:30 PM Supper Entrée: Parmesan chicken Entertainment: Carole Bjorge	22 Fish Baby bakers Key West vegetables Cookie 9:30 AM – Bone Builders' Exercise 1 PM - Bingo	23 Chicken strips Baked beans Macaroni salad Pudding
24 Pork chops Mashed potatoes & gravy Peas & carrots Strawberry shortcake	25 Cabbage rolls Augratin potatoes Carrots Fruit 12:15 – 1:15 PM – Flu Shots 1:15 PM - Whist	26 Beef stroganoff over Noodles Peas Bar 1:15 PM – Pinochle	27 Meatloaf Mashed potatoes Green beans Brownie 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	28 Cranberry chicken Baked potato Prince Edward vegetables Pudding 1:15 PM – Pinochle Tournament	29 Salisbury steak Mashed potatoes & gravy Corn Fruit 9:30 AM – Bone Builders' Exercise 1 PM - Bingo	30 Tator tot hotdish Green beans Roll Cookie

Serving Times:

Monday – Friday - 11:30 AM

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

Valley City's Menu for October 2017

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 Chicken cordon bleu Baby red potatoes Carrots Dump cake	2 Beef stew Coleslaw Roll Fruit 9:30 AM – Advisory Board Meeting 1:15 PM – Whist Tournament	3 Riblettes Oven potatoes Corn Cookie 1:15 PM – Pinochle	4 Spaghetti & meat sauce Lettuce salad Garlic toast Cake 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	5 Fall Festival Harvest soup Sandwich Fruit Juice 9 AM – Rolls, coffee, White Elephant Sale, Bake Sale 11:30 AM – Soup & Sandwich 1 PM – Bingo 3:30 PM – Raffle Drawing 5:30 PM – Supper, Entrée: Turkey & trimmings	6 Shepard's pie Green beans Roll Pudding 9:30 AM – Bone Builders' Exercise 1 PM - Bingo	7 Ham salad Potato salad Baked beans Cookie
8 Pork loin Mashed potatoes & gravy Peas & carrots Bar	9 Beef tips with Mashed potatoes Wax beans Cookie 1:15 PM - Whist	10 Hamburger hotdish Lettuce salad Breadsticks Cheesecake 12 Noon - NARFE 1:15 PM – Pinochle	11 BBQ chicken Au gratin potatoes Beets Fruit 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	12 BBQ pulled pork on a bun Baby bakers Prince Edward vegetables Pudding 1:15 PM – Pinochle Day	13 Country fried steak Mashed potatoes & Country gravy Corn Poke cake 9:30 AM – Bone Builders' Exercise 1 PM - Bingo	14 Chili Cornbread Fruit
15 Roast beef Mashed potatoes & gravy Corn Two tone dessert	16 Creamy chicken over noodles Peas Roll Brownie 1:15 PM - Whist	17 Tator tot hotdish Green beans Strawberry shortcake 1:15 PM – Pinochle	18 Lasagna Lettuce salad Garlic toast Fruit crisp 9:30 AM – Bone Builders' Exercise 1:15 PM – Whist	19 Soup Sandwich Fruit Juice 9 AM – 3 PM – Medicare D Open Enrollment 5:30 PM Supper Entrée: BBQ ribs Entertainment: Jim Drew presentation on Older Blind Program	20 Fish Scalloped potatoes Carrots Cookie 9:30 AM – Bone Builders' Exercise 1 PM - Bingo	21 Rope sausage Mashed potatoes Sauerkraut Fruit
22 Meatballs Mashed potatoes & gravy Green beans Fruit crisp	23 Salisbury steak Mashed potatoes & gravy Peas Pudding 1:15 PM - Whist	24 Oven chicken Cheesy hashbrowns Mixed vegetables Fruit 1:15 PM – Pinochle	25 Beef tips over Mashed potatoes Corn Pudding 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	26 Pork chops Mashed potatoes & gravy Peas & carrots Cobbler 1:15 PM – Pinochle Tournament	27 Cabbage rolls Au gratin potatoes Carrots Fruit 9:30 AM – Bone Builders' Exercise 1 PM - Bingo	28 Calico beans Cornbread Bar
29 Ham Squash Key West vegetables Cake	30 Shredded beef on a bun Baby bakers Corn Cookie 1:15 PM - Whist	31 Halloween Meatloaf Mashed potatoes Mixed vegetables Oreo dessert 1:15 PM – Pinochle	