


**Serving Times:**

Monday – Friday - 11:30 AM

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

## Valley City's Menu for September 2021

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><b>Some activities have resumed. Check the calendar for dates and times.</b></p>                  | <p>Substitutions may be necessary due to product availability.</p>                                            |                                                                                                                                     | <p>1<br/>Chipped beef<br/>Mashed potatoes<br/>Wax beans<br/>Poke cake</p> <p>9:30 AM – Bone Builders Exercise<br/>1:15 PM – Whist</p>                 | <p>2<br/>Egg roll<br/>Fried rice<br/>Chinese vegetable noodles<br/>Pears</p>                                     | <p>3<br/>Fish on a bun<br/>Potato wedges<br/>Baked beans<br/>Fruit</p> <p>9:30 AM – Bone Builders Exercise<br/>1:00 PM – Bingo</p>                                   | <p>4<br/>Tomato soup<br/>Tuna fish on croissant<br/>Lettuce salad<br/>Brownie</p>                                     |
| <p>5<br/>Salisbury steak<br/>Mashed potatoes<br/>Corn<br/>Chocolate chip bar</p>                     | <p>6 Center CLOSED</p>       | <p>7<br/>Swiss steak<br/>Stewed tomatoes<br/>Baked potatoes<br/>Apricots</p> <p>9:30 AM – Advisory Board<br/>1:15 PM – Pinochle</p> | <p>8<br/>BBQ rib<br/>Oven potatoes<br/>Lettuce salad<br/>Cookie</p> <p>9:30 AM – Bone Builders Exercise<br/>1:15 PM – Whist</p>                       | <p>9<br/>Hamburger on a bun<br/>Macaroni salad<br/>Baked beans<br/>Pudding</p>                                   | <p>10<br/>Chicken thigh<br/>Baby bakkers<br/>Green beans<br/>Jello</p> <p>9:30 AM – Bone Builders Exercise<br/>1:00 PM – Bingo</p>                                   | <p>11<br/>Chicken noodle soup<br/>Chicken salad on a croissant<br/>Carrot sticks &amp; ranch<br/>Mandarin oranges</p> |
| <p>12<br/>Pork roast<br/>Seasoned rice<br/>Peas &amp; carrots<br/>Chocolate cake</p>                 | <p>13<br/>Swedish meatballs<br/>Mashed potatoes &amp; gravy<br/>Corn<br/>Peaches</p> <p>1:15 PM – Whist</p>   | <p>14<br/>Chili<br/>Cornbread<br/>Coleslaw<br/>Spice cake</p> <p>1:15 PM – Pinochle</p>                                             | <p>15<br/>Potato crusted cod<br/>Oven potatoes<br/>Beets<br/>Jello</p> <p>9:30 AM – Bone Builders Exercise<br/>1:15 PM – Whist</p>                    | <p>16<br/>Chicken parmesan<br/>Baked potatoes<br/>Caesar salad<br/>Cookie</p>                                    | <p>17<br/>Roast beef<br/>Mashed potatoes &amp; gravy<br/>Baby carrots<br/>Dinner roll<br/>Applesauce</p> <p>9:30 AM – Bone Builders Exercise<br/>1:00 PM – Bingo</p> | <p>18<br/>Taco salad<br/>Garlic bread<br/>Brownie</p>                                                                 |
| <p>19<br/>Country fried steak<br/>Mashed potatoes &amp; country gravy<br/>Squash<br/>Cookie</p>      | <p>20<br/>Chicken fritters<br/>Potato wedges<br/>Mixed vegetables<br/>Fruity jello</p> <p>1:15 PM – Whist</p> | <p>21<br/>BBQ on a bun<br/>Potato salad<br/>Green beans<br/>Pears</p> <p>1:15 PM – Pinochle</p>                                     | <p>22<br/>Chicken cordon bleu<br/>Augratin potatoes<br/>Corn<br/>Cheesecake</p> <p>9:30 AM – Bone Builders Exercise<br/>1:15 PM – Whist</p>           | <p>23<br/>Egg bake<br/>Bacon<br/>Breakfast potatoes<br/>Muffin</p>                                               | <p>24<br/>Riblette on a bun<br/>Potato wedges<br/>Pickled beets<br/>Yellow cake</p> <p>9:30 AM – Bone Builders Exercise<br/>1:00 PM – Bingo</p>                      | <p>25<br/>Ham salad on croissant<br/>Broccoli cheese soup<br/>Pudding</p>                                             |
| <p>26<br/>Chicken thigh<br/>Baked potatoes &amp; sour cream<br/>Prince Edward vegetables<br/>Pie</p> | <p>27<br/>Beef stew<br/>Lettuce salad<br/>Peaches<br/>Dinner roll</p> <p>1:15 PM – Whist</p>                  | <p>28<br/>Hamburger on a bun<br/>Cheesy hashbrowns<br/>Baked beans<br/>Carrot cake</p> <p>1:15 PM – Pinochle Tournament</p>         | <p>29<br/>Pork chop<br/>Mashed potatoes &amp; gravy<br/>Peas<br/>Fruity Pebbles treat</p> <p>9:30 AM – Bone Builders Exercise<br/>1:15 PM – Whist</p> | <p>30<br/>Cabbage roll<br/>Parmesan potatoes<br/>Wax beans<br/>Apricots</p> <p>1-2 PM – CCHD Flu Shot Clinic</p> |                                                                                                                                                                      |                                                                                                                       |

**Serving Times:**

**Monday – Friday - 11:30 AM**

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

## Valley City's Menu for October 2021

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                                                                          |
|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>Some activities have resumed. Check calendar for dates &amp; times.</b>           | <b>Substitutions may be necessary due to product availability.</b>                                        |                                                                                                                             |                                                                                                                                                 |                                                                                                                                                                     | 1<br>Lasagna<br>Lettuce salad<br>Garlic bread<br>Mandarin oranges<br><br>9:30 AM – Bone Builders Exercise<br>1:00 PM – Bingo                | 2<br>Chicken thigh<br>Potato wedges<br>Coleslaw<br>Jello                          |
| 3<br>Pork loin<br>Mashed potatoes & gravy<br>Corn<br>Dinner roll<br>Cheesecake       | 4<br>Pizza burger on a bun<br>Oven potatoes<br>Pickled beets<br>Peaches<br><br>1:15 PM – Whist Tournament | 5<br>Ham<br>Augratin potatoes<br>Peas & carrots<br>Chocolate chip bar<br><br>9:30 AM – Advisory Board<br>1:15 PM – Pinochle | 6<br>BBQ ribs<br>Baby bakers<br>Green beans<br>Cookie<br><br>9:30 AM – Bone Builders Exercise<br>1:15 PM – Whist                                | 7 <i>Fall Festival</i><br>Turkey & all the trimmings<br><br>9 AM – Caramel rolls, Bake Sale<br>11:30 AM – Turkey Dinner<br>1 PM – Bingo<br>3:15 PM – Raffle drawing | 8<br>Chicken burger on a bun<br>Potato Wedges<br>3 bean salad<br>Apple<br><br>9:30 AM – Bone Builders Exercise<br>1:00 PM – Bingo           | 9<br>Taco salad<br>Garlic bread<br>Blondie Bar                                    |
| 10<br>Salisbury steak<br>Mashed potatoes<br>Baby carrots<br>Chocolate cake           | 11<br>Potato crusted cod<br>Rosemary potatoes<br>Squash<br>Apple slices<br><br>1:15 PM – Whist            | 12<br>Swiss steak<br>Stewed tomatoes<br>Baked potatoes<br>Peach crisp<br><br>1:15 PM – Pinochle                             | 13<br>Rope sausage<br>Sauerkraut<br>Baby bakers<br>Whipped jello<br><br>9:30 AM – Bone Builders Exercise<br>1:15 PM – Whist                     | 14<br>Brats on a bun<br>Macaroni salad<br>Carrot sticks w/ranch<br>Poke cake                                                                                        | 15<br>Chipped beef<br>Mashed potatoes<br>Capri vegetables<br>Fresh fruit<br><br>9:30 AM – Bone Builders Exercise<br>1:00 PM – Bingo         | 16<br>Lasagna soup<br>Garlic breadstick<br>Salad<br>Spice cake                    |
| 17<br>Swedish meatballs<br>Mashed potatoes & gravy<br>Peas<br>Dinner roll<br>Brownie | 18<br>Chicken cordon bleu<br>Scalloped potatoes<br>Carrots<br>Applesauce<br><br>1:15 PM – Whist           | 19<br>Cabbage rolls<br>Rosemary potatoes<br>Prince Edward vegetables<br>Pears<br><br>1:15 PM – Pinochle                     | 20<br>Chili<br>Cornbread<br>Apple rings<br>Coleslaw<br>9:30 AM – Bone Builders Exercise<br>1:15 PM – Whist                                      | 21<br>French toast<br>Scrambled eggs<br>Sausage links<br>Pastries                                                                                                   | 22<br>Pork chop<br>Mashed potatoes & gravy<br>Peas<br>Cheesecake<br>9:30 AM – Bone Builders Exercise<br>1:00 PM – Bingo                     | 23<br>Beef stew<br>Dinner roll<br>Fresh fruit                                     |
| 24<br>Chicken parmesan<br>Baked potatoes<br>Caesar salad<br>7 layer bar              | 25<br>Hamburger on a bun<br>Potato salad<br>Green beans<br>Pudding<br><br>1:15 PM – Whist                 | 26<br>Chicken fritters<br>Potato wedges<br>Corn<br>Apricots<br><br>1:15 PM – Pinochle Tournament                            | 27<br>Country fried steak<br>Mashed potatoes & country gravy<br>Wax beans<br>Mixed fruit<br>9:30 AM – Bone Builders Exercise<br>1:15 PM – Whist | 28<br>Riblette on a bun<br>Italian noodle salad<br>Coleslaw<br>Cookie                                                                                               | 29<br>Pork roast<br>Mashed potatoes & gravy<br>Beets<br>Sour cream & raisin bars<br><br>9:30 AM – Bone Builders Exercise<br>1:00 PM – Bingo | 30<br>Knoephla soup<br>Summer sausage sandwich<br>Carrot stick & ranch<br>Peaches |
| 31<br>Meatballs<br>Mashed potatoes & gravy<br>Green beans<br>White cake              |                                                                                                           |                                                                                                                             |                                                                                                                                                 |                                                                                                                                                                     |                                                                                                                                             |                                                                                   |