


**Serving Times:**

**Monday – Friday - 11:30 AM**

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

## Valley City's Menu for January 2022

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 the calendar for dates and times.</b>					<b>Substitutions may be necessary due to product availability.</b>	1 <b>Center CLOSED</b> 
2 Chipped beef Rice Cauliflower Pudding	3 Pizza burger on a bun Potato wedges Lettuce salad Pears  1:15 PM – Whist	4 Roast beef Mashed potatoes & gravy Green beans Brownie  9:30 AM – Advisory Board 1:15 PM – Pinochle	5 Macaroni hotdish Wax beans Dinner roll Carrot cake  9:30 AM – Bone Builders Exercise 1:15 PM – Whist	6 Fish on a bun Macaroni & cheese Baked beans Peaches	7 Cabbage roll Scalloped potatoes Key West vegetables Mandarin oranges  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	8 Chili Cornbread Coleslaw Apple rings
9 Swedish meatballs Mashed potatoes Corn Dinner roll Fruit crisp	10 Chicken cordon bleu Rosemary potatoes Capri vegetables Pudding  1:15 PM – Whist	11 Lasagna Lettuce salad Garlic toast Apple slices  12 Noon - NARFE 1:15 PM – Pinochle	12 Pork roast Mashed potatoes & gravy Wax beans Peanut butter bar  9:30 AM – Bone Builders Exercise 1:15 PM – Whist	13 Egg bake Tator tots Ham Muffin Juice	14 BBQ ribs Baby bakers Yams Mixed fruit  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	15 Beef stew Dinner roll Two tone dessert
16 Turkey Mashed potatoes & gravy Broccoli Danish	17 Chicken fritters Potato wedges Mixed vegetables Jello  1:15 PM – Whist	18 Hamburger on a bun Cheesy hashbrowns Cheesy green beans Cookies  1:15 PM – Pinochle	19 Ring sausage Sauerkraut Mashed potatoes Pickled beets Yellow cake 9:30 AM – Bone Builders Exercise 1:15 PM – Whist	20 Fish Scalloped potatoes Corn Spice cake	21 Swiss steak Baked potato Stewed tomatoes Pineapple  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	22 Chicken noodle soup Philly steak sandwich on a bun Fresh fruit
23 Pork chop Mashed potatoes & gravy Peas & carrots Dinner roll Chocolate cake	24 Chicken burger on a bun Augratin potatoes Coleslaw Muffin  1:15 PM – Whist	25 Sauerkraut hotdish Boiled egg Dinner roll Pudding  1:15 PM – Pinochle Tournament	26 Salisbury steak Mashed potatoes Asparagus Rice Krispy treat 9:30 AM – Bone Builders Exercise 1:15 PM – Whist	27 Tator tot hotdish French cut green beans Dinner roll Jello	28 Ham Baked potato Baked beans Brownies 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	29 Tomato bisque soup Cheese sandwich Lettuce salad Sour cream raisin bar
30 Country fried steak Mashed potatoes & country gravy Wax beans Cheesecake	31 Fish Oven potatoes Carrots Fresh fruit  1:15 PM – Whist					

**Serving Times:**

**Monday – Friday - 11:30 AM**

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

## Valley City's Menu for February 2022

**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 Chicken parmesan Baby bakers Caeser salad Breadstick Pie  9:30 AM – Advisory Board 1:15 PM – Whist	2 Beef roast Mashed ptatoes & gravy Key West vegetables Dinner roll Carrot cake  9:30 AM – Bone Builders Exercise 1:15 PM – Whist	3 French toast Bacon Hashbrown patty Pastries	4 Pork loin Cheesy hashbrowns Corn Apricots  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	5 Hamburger on a bun Potato salad Baked beans Mixed fruit
6 Meatballs Mashed potatoes & gravy Peas Dinner roll Jello	7 Chicken thighs Potato wedges Broccoli Pears  1:15 PM – Whist Tournament	8 Cabbage roll Baby bakers Capri vegetables Mandarin oranges  12 Noon - NARFE 1:15 PM – Pinochle	9 Chicken casserole Squash Cookie  9:30 AM – Bone Builders Exercise 1:15 PM – Whist	10 Barbeque on a bun Chips Lettuce salad Pistachio dessert	11 Hamburger sliders Macaroni Salad Coleslaw Peaches  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	12 Chicken salad on croissant Broccoli cheese soup Blondies
13 Swiss steak Parsley potatoes Stewed tomatoes Fruit crisp	14 Chipped beef Mashed potatoes Brussel sprouts Mixed fruit  1:15 PM – Whist	15 Fish Scalloped potatoes Corn 7 layer bar  1:15 PM – Pinochle	16 Macaroni hotdish Wax beans Dinner roll Spice cake  9:30 AM – Bone Builders Exercise 1:15 PM – Whist	17 Polish sausage on a bun Sauerkraut Pickled beets Cookies	18 Turkey Mashed potatoes & gravy Stuffing Cheesy green bean casserole Chocolate chip bar  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	19 BBQ riblette on a blun Macaroni salad Peas Applesauce
20 Beef tips & gravy over rice Asparagus Sour cream raisin bar	21 Oven chicken Augratin potatoes Carrots Fresh fruit  1:15 PM – Whist	22 Pork chop Mashed potatoes & gravy Peas & carrots Angel Food cake w/strawberries  1:15 PM – Pinochle	23 BBQ ribs Baby bakers Prince Edward vegetables Tropical fruit  9:30 AM – Bone Builders Exercise 1:15 PM – Whist	24 Chili Cornbread Coleslaw Rice Krispy treat	25 Rope sausage Sauerkraut Mashed potatoes Corn Cookie  9:30 AM – Bone Builders Exercise 1:00 PM - Bingo	26 Biscuits & gravy Sausage links Tator tots Apple slices
27 Salisbury steak Mashed potatoes Green beans Dinner roll Chocolate cake	28 Tuna noodle hotdish Peas Fresh fruit  1:15 PM – Whist					