


**Serving Times:**

Monday – Friday - 11:30 AM

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

## Valley City's Menu for July 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
	Substitutions may be necessary due to product availability.				1 Grilled Chicken Rosemary potatoes Wax beans Pudding 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	2 Chipped beef Mashed potatoes Mixed vegetable Apricots
3 Potato crusted fish Baked potato Baby carrots Jello	4 <b>Center CLOSED</b> 	5 Meatballs Mashed potatoes & gravy Corn Fruit cocktail  9:30 AM - Advisory Board 1:15 PM – Pinochle	6 Barbeque on a bun Potato salad Green beans Pears  9:30 AM – Bone Builders Exercise 1:15 PM – Whist	7 Spaghetti w/ meat sauce Garlic toast Lettuce salad Pineapple  1:00 PM – Board Games	8 Ham Baby bakers Creamed peas Apple rings  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	9 Chicken strips Macaroni salad Carrots Cookie
10 Country fried steak Mashed potatoes & country gravy Capri vegetables Yellow cake	11 Chicken cordon bleu Baked potato Beets Apricots  1:15 PM – Whist	12 Tuna noodle hotdish Prince Edward vegetables Dinner roll Pudding  1:15 PM – Pinochle	13 Pork chop Mashed potatoes & gravy Carrots & peas Carrot cake  9:30 AM – Bone Builders Exercise 1:15 PM – Whist	14 Egg bake Breakfast potatoes Bacon Muffin Juice  1:00 PM – Board Games	15 Lasagna Green Beans Garlic bread Mandarin oranges  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	16 Chicken salad sandwich Chicken noodle soup Carrot sticks Brownie
17 Roast beef Mashed potatoes & gravy Prince Edward vegetables Spice cake	18 Oven chicken Augratin potatoes Green beans Tropical fruit  1:15 PM – Whist	19 Beef stew Lettuce salad Breadstick Peaches  1:15 PM – Pinochle	20 Rope sausage Sauerkraut Mashed potatoes Carrots Apple rings 9:30 AM – Bone Builders Exercise 1:15 PM – Whist	21 Hamburger goulash Peas Dinner roll Birthday cake  11:30 AM – July Birthdays Dinner 1:00 PM – Board Games	22 Salisbury steak Mashed potatoes & gravy Wax beans Banana  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	23 Riblette on a bun Scalloped potatoes Corn Applesauce
24 Turkey Dressing Yams Rice Krispy treat	25 Fish Baby bakers Beets Pudding  1:15 PM – Whist	26 Chicken strips Potato wedges Coleslaw Fruit  1:15 PM – Pinochle Tournament	27 Swedish meatballs Corn Mashed potatoes Chocolate chip bar 9:30 AM – Bone Builders Exercise 1:15 PM – Whist	28 Cranberry chicken Rice pilaf Mixed vegetables Pears  1:00 PM – Board Games	29 Cabbage roll Garlic potatoes Wax beans Cheesecake 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	30 Pizza burger on a bun Potato salad Baked beans Fruity jello
31 Pork loin Scalloped potatoes Carrots Lemon Bar						

**Serving Times:**

**Monday – Friday - 11:30 AM**

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

**Valley City's Menu for August 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
	<p>1 Chipped beef Rice Japanese vegetables Fresh fruit</p> <p>1:15 PM – Whist</p>	<p>2 Swiss steak Stewed tomatoes Baked potatoes Chocolate cake</p> <p>9:30 AM – Advisory Board 1:15 PM – Pinochle</p>	<p>3 Ribs Rosemary potatoes Green beans Apricots</p> <p>9:30 AM – Bone Builders Exercise 1:15 PM – Whist</p>	<p>4 Tator tot hotdish Dinner roll Capri vegetables Cookie</p> <p>1:00 PM – Board Games</p>	<p>5 Brats on a bun Macaroni salad Baked beans Pineapple</p> <p>9:30 AM – Bone Builders Exercise 1:00 PM – Bingo</p>	<p>6 Chicken kiev Oven potatoes Peas Applesauce</p>
<p>7 Beef tips Rice Carrots Poke cake</p>	<p>8 Country fried steak Mashed potatoes &amp; country gravy Beets Mandarin oranges</p> <p>1:15 PM – Whist</p>	<p>9 Summer sausage &amp; cheese sandwich Wisconsin cheese soup Fresh broccoli w/ ranch Peaches</p> <p>1:15 PM – Pinochle</p>	<p>10 Pork chop Mashed potatoes &amp; gravy Baked beans Applesauce</p> <p>9:30 AM – Bone Builders Exercise 1:15 PM – Whist</p>	<p>11 French toast Sausage links Breakfast potatoes Danish</p> <p>1:00 PM – Board Games</p>	<p>12 Meatloaf Baked potato Corn Pudding</p> <p>9:30 AM – Bone Builders Exercise 1:00 PM – Bingo</p>	<p>13 Oven chicken Potato wedges Broccoli Cookie</p>
<p>14 Salisbury steak Mashed potatoes &amp; gravy Peas &amp; carrots Bar</p>	<p>15 BBQ meatballs Baby bakers Baked bean Apple slices</p> <p>1:15 PM – Whist</p>	<p>16 Hamburger hotdish Green beans Dinner roll Tropical fruit</p> <p>1:15 PM – Pinochle</p>	<p>17 Chicken cordon bleu Rosemary potatoes Baby carrots Lemon bar</p> <p>9:30 AM – Bone Builders Exercise 1:15 PM – Whist</p>	<p>18 Lasagna Lettuce salad Breadstick Whipped jello</p> <p>11:30 AM – August Birthdays Dinner 1:00 PM – Board Games</p>	<p>19 Roast beef Mashed potatoes &amp; gravy Peas Dinner roll Mandarin oranges</p> <p>9:30 AM – Bone Builders Exercise 1:00 PM – Bingo</p>	<p>20 Minestrone soup Roast beef &amp; cheese sandwich Peaches</p>
<p>21 Ham Augratin potatoes Yams White cake</p>	<p>22 Potato crusted cod Potato wedges Wax beans Pears</p> <p>1:15 PM – Whist</p>	<p>23 Chili Cornbread Coleslaw Spice cake</p> <p>1:15 PM – Pinochle</p>	<p>24 Chicken parmesan Baby bakers Caesar salad Cookie</p> <p>9:30 AM – Bone Builders Exercise 1:15 PM – Whist</p>	<p>25 Hamburger on a bun Potato salad Baked Beans Applesauce</p> <p>1:00 PM – Board Games</p>	<p>26 Turkey Mashed potatoes &amp; gravy Peas Pumpkin pie</p> <p>9:30 AM – Bone Builders Exercise 1:00 PM – Bingo</p>	<p>27 Knoephla soup Summer sausage sandwich Cauliflower &amp; broccoli Jello</p>
<p>28 Pork loin Baked potato Asparagus Chocolate chip bar</p>	<p>29 Grilled chicken Mashed potatoes &amp; gravy Mixed vegetables Pudding</p> <p>1:15 PM – Whist</p>	<p>30 Ham Scalloped potatoes Corn Dinner roll Pineapple</p> <p>1:15 PM – Pinochle Tournament</p>	<p>31 Beef tips Mashed potatoes Squash Brownie</p> <p>9:30 AM – Bone Builders Exercise 1:15 PM – Whist</p>		<p><b>Substitutions may be necessary due to product availability.</b></p>	