


Serving Times:

Monday – Friday - 11:30 AM

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

Valley City's Menu for September 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 Taco salad Garlic toast Brownie 1:00 PM – Board games	2 Salisbury steak Mashed potatoes Carrots Dump cake 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	3 Chicken noodle soup Chicken salad on a croissant Coleslaw Cookie
4 Country fried steak Mashed potatoes & country gravy Beets Cherry cheesecake	5 Center CLOSED 	6 Cabbage roll Parmesan potatoes Wax beans Fresh fruit 9:30 AM – Advisory Board 1:15 PM – Pinochle	7 BBQ ribs Baked potato Peas Spice cake 9:30 AM – Bone Builders Exercise 1:15 PM – Whist	8 Egg bake Bacon Rosemary potatoes Caramel roll 11:30 AM – Brunch 1:00 PM – Board games	9 Chicken casserole Lettuce salad Dinner roll Fruit in jello 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	10 Tomato bisque Tuna fish sandwich Broccoli & cauliflower w/ ranch Pudding
11 Roast beef Mashed potatoes & gravy Asparagus 7-layer bar	12 Chicken cordon bleu Augratin potatoes Corn Peaches 1:15 PM – Whist	13 Chili Cornbread Coleslaw Lemon bar 12:00 PM - NARFE 1:15 PM – Pinochle	14 Swedish meatballs Mashed potatoes Green beans Apricots 9:30 AM – Bone Builders Exercise 1:15 PM – Whist	15 Chipped beef Rice Capri vegetables Bar 11:30 AM – September Birthdays Dinner 1:00 PM – Board games	16 BBQ on a bun Potato salad Pickled beets Rice Krispie treat 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	17 Broccoli cheese soup Ham salad on croissant Pear
18 Pork chop Mashed potatoes & gravy Baked beans Carrot cake	19 Pizza burger on a bun Yukon potatoes Wax beans Pudding 1:15 PM – Whist	20 Swiss steak Stewed tomatoes Baked potatoes w/ sour cream Fruit cocktail 1:15 PM – Pinochle	21 Chicken & dumplings Rice Carrots Chocolate chip cookie 9:30 AM – Bone Builders Exercise 1:15 PM – Whist	22 Beef stew Dinner roll Apple slices 1:00 PM – Board games	23 Turkey Mashed potatoes & gravy Cranberry sauce Dressing Sour cream raisin bar 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	24 Chef salad w/ chicken, eggs, tomatoes, cheese, onions Breadstick Mandarin oranges
25 Pork loin Mashed potatoes & gravy Broccoli Fruit crisp	26 Chicken burger on a bun Potato wedges 3 bean salad Applesauce 1:15 PM – Whist	27 Ham Baked potatoes & sour cream Squash Jello 1:15 PM – Pinochle Tournament	28 Pollock wings Baby bakers Peas & carrots White cake 9:30 AM – Bone Builders Exercise 1:15 PM – Whist	29 Sauerkraut hotdish Dinner roll Corn Peaches 1:00 - 2:00 PM – Flu Shot Clinic 1:00 PM – Board games	30 Chicken parmesan Caesar salad Oven potatoes Cookie 9:30 AM - Bone Builders Exercise 1:00 PM - Bingo	

Serving Times:

Monday – Friday - 11:30 AM

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

Valley City's Menu for October 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 Brat on a bun Macaroni salad Baked beans Apple rings
2 Salisbury steak Mashed potatoes & gravy Corn Dinner roll Chocolate cake	3 Lasagna Lettuce salad & dressing Garlic toast Fresh fruit 1:15 PM - Whist Tournament	4 Barbeque on a bun Rosemary potatoes Green beans Tropical fruit 9:30 AM - Advisory Board 1:15 PM - Pinochle	5 Meatballs Mashed potatoes & gravy Beets Pie 9:30 AM - Bone Builders Exercise 1:15 PM - Whist	6 <i>Fall Festival</i> Turkey & all the trimmings 9 AM - Caramel rolls, Bake Sale 11:30 AM - Turkey Dinner 1 PM - Bingo 3:15 PM - Raffle drawing	7 Chicken kiev Scalloped potatoes Prince edward vegetables Fresh fruit 9:30 AM - Bone Builders Exercise 1:00 PM - Bingo	8 Loaded baked potato soup Ham & cheese sandwich Lettuce salad & dressing Cookie
9 Roast beef Mashed potatoes & gravy Baby carrots Brownie	10 BBQ riblette on a bun Potato wedges Wax beans Fruit in jello 1:15 PM - Whist	11 Egg roll Fried rice Chinese vegetables Pears 1:15 PM - Pinochle	12 Pork chop Mashed potatoes & gravy Cauliflower Carrot cake 9:30 AM - Bone Builders Exercise 1:15 PM - Whist	13 French toast Sausage links Tator tots Apple slices 11: 30 AM - Brunch 1:00 PM - Board games	14 Fish Baby bakers Baked beans Peaches 9:30 AM - Bone Builders Exercise 1:00 PM - Bingo	15 Beef stew Dinner roll Plums
16 Country fried steak Mashed potatoes & country gravy Carrots Chocolate chip bar	17 Cabbage roll Rice Green beans Applesauce 1:15 PM - Whist	18 Chili Cornbread Coleslaw Apple rings 1:15 PM - Pinochle	19 Ham Sweet potatoes Broccoli Cookie 9:30 AM - Bone Builders Exercise 1:15 PM - Whist	20 Chicken & dumplings Mashed potatoes Peas & carrots Birthday cake 11:30 AM - October Birthdays Dinner 1:00 PM - Board games	21 Rope sausage Sauerkraut Baby bakers Pudding 9:30 AM - Bone Builders Exercise 1:00 PM - Bingo	22 Lasagna soup Lettuce salad & dressing Breadstick Mixed fruit
23 Swedish meatballs Mashed potatoes & gravy Mixed vegetables Sour cream raisin bar	24 Hamburger on a bun Yukon potatoes Baked beans Pears 1:15 PM - Whist	25 Spaghetti & meatballs Lettuce salad Garlic toast Jello 1:15 PM - Pinochle Tournament	26 Tator tot hotdish Corn Dinner roll Poke cake 9:30 AM - Bone Builders Exercise 1:15 PM - Whist	27 Pork roast Mashed potatoes & gravy Creamed peas Apricots 1:00 PM - Board games	28 Swiss steak Stewed tomatoes Baked potatoes & sour cream Yellow cake 9:30 AM - Bone Builders Exercise 1:00 PM - Bingo	29 Chef salad w/ ham, eggs, cheese, tomatoes, onions Breadstick Fruit
30 Chipped beef Mashed potatoes Asparagus Fruit crisp	31 Chicken cordon bleu Augratin potatoes Wax beans Apple slices 1:15 PM - Whist					