


**Serving Times:**

**Monday – Friday - 11:30 AM**

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

**Valley City's Menu for January 2024**

**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<br><b>Center CLOSED</b><br> | 2<br>Salisbury steak<br>Mashed potatoes & gravy<br>Carrots<br>Fresh pear<br><br>1:00 PM - Pinochle                       | 3<br>Orange chicken<br>Rosemary potatoes<br>Oriental vegetables<br>Mandarin oranges<br><br>9:30 AM – Bone Builders Exercise                           | 4<br>Chicken noodle soup<br>Chicken salad sandwich<br>V8 tomato juice<br>Fruit<br><br>5:30 PM - Supper Night<br>Entrée: Roast beef<br>Entertainment: 3 D's<br>Doran, Dean & Dave | 5<br>Stuffed pepper<br>Mashed potatoes<br>Capri vegetables<br>Fresh fruit<br><br>9:30 AM – Bone Builders Exercise<br>1:00 PM - Bingo               | 6<br>Grilled chicken on bun<br>Lettuce & tomatoes<br>Potato wedges<br>Broccoli<br>Tropical fruit |
| 7<br>Pork chop<br>Roasted potato<br>Green beans<br>Peaches              | 8<br>Fishwich on a bun<br>Tartar sauce<br>Augratin potatoes<br>Caluiflower<br>Applesauce                       | 9<br>Chili<br>Cornbread<br>Coleslaw<br>Fruit<br><br>9:30 AM - Advisory Board Meeting<br>1:00 PM - Pinochle               | 10<br>Taco salad<br>Lettuce, onion, tomato, cheese, sour cream, salsa<br>Apricots<br><br>9:30 AM – Bone Builders Exercise<br>10:30 AM – Nourish Class | 11<br>Pancakes<br>Turkey sausage links<br>Hashbrown patty<br>Apple juice<br><br>11:30 AM - Brunch<br>1:00 PM – Board Games   | 12<br>Swedish meatballs<br>Mashed potatoes<br>Mixed vegetables<br>Tossed salad<br>Pears<br><br>9:30 AM – Bone Builders Exercise<br>1:00 PM – Bingo | 13<br>Ham & bean soup<br>Roast beef sandwich<br>Cucumber salad<br>Banana                         |
| 14<br>Ham<br>Scalloped potatoes<br>Stewed tomatoes<br>Sliced apples     | 15<br>BBQ chicken<br>Baked potatoes<br>Sour cream<br>Peas<br>Fruit cocktail                                    | 16<br>Fettucini noodles with pesto sauce & diced chicken<br>Tossed salad<br>Carrots<br>Peaches<br><br>1:00 PM - Pinochle | 17<br>Beef stew<br>Green beans<br>Dinner roll<br>Pears<br><br>9:30 AM – Bone Builders Exercise<br>10:30 AM – Nourish Class                            | 18<br>Meatloaf<br>Potato salad<br>Spinach<br>Apricots<br><br>11:30 AM – Birthday Dinner<br>1:00 PM – Board Games   | 19<br>Lasagna<br>Green beans<br>Garlic toast<br>Apricots<br><br>9:30 AM – Bone Builders Exercise<br>1:00 PM – Bingo                                | 20<br>Bratwurst<br>Sweet potato fries<br>Baked beans<br>Tropical fruit                           |
| 21<br>Meatballs<br>Egg noodles<br>Spinach salad<br>Peas<br>Pineapple    | 22<br>Stuffed cabbage<br>Mashed potatoes<br>Wax beans<br>Fruit   | 23<br>Pork chop<br>Baby bakers<br>Corn<br>Fresh fruit<br><br>1:00 PM – Pinochle  | 24<br>Lemon pepper fish<br>Yams<br>Peas & carrots<br>Mandarin oranges<br><br>9:30 AM – Bone Builders Exercise<br>10:30 AM – Nourish Class             | 25<br>Turkey<br>Mashed potatoes & gravy<br>Squash<br>Applesauce<br>Pumpkin pie<br>1:00 PM – Board Games  | 26<br>BBQ on a bun<br>Tatot tots<br>Coleslaw<br>Peaches<br>9:30 AM – Bone Builders Exercise<br>1:00 PM– Bingo                                      | 27<br>Chicken kiev<br>O’Brien potatoes<br>Normandy blend vegetables<br>Fruit cocktail            |
| 28<br>Roast beef<br>Mashed potatoes & gravy<br>Asparagus<br>Fresh fruit | 29<br>Grilled chicken<br>Potato salad<br>Carrots<br>Applesauce   | 30<br>Spaghetti with meat sauce<br>Tossed salad<br>Capri vegetables<br>Pears<br><br>1:00 PM – Pinochle Tournament        | 31<br>Ham<br>Scalloped potatoes<br>Green beans<br>Pineapple<br><br>9:30 – Bone Builders Exercise<br>10:30 AM – Nourish Class                          |  |  | Substitutions may be necessary due to product availability.                                      |

Serving Times:

Monday – Friday - 11:30 AM

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

Valley City’s Menu for February 2024

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<br>Broccoli cheese soup<br>Coleslaw<br>Roast beef sandwich<br>Fruit<br><br>5:30 PM Supper Night<br>Entrée: BBQ ribs                                    | 2<br>Salisbury steak<br>Mashed potatoes & gravy<br>Carrots<br>Mandarin oranges<br><br>9:30 AM – Bone Builders Exercise<br>1:00 PM – Bingo | 3<br>Tuna noodle casserole with rotini noodles<br>Beets<br>Tropical fruit        |
| 4<br>Pork chop<br>Mashed potatoes & gravy<br>Peas<br>Peaches           | 5<br>Hamburger on bun<br>Lettuce, tomatoes<br>Sweet potato puffs<br>Baked beans<br>Pineapple | 6<br>Lemon pepper tilapia<br>Yams<br>Seasoned greens<br>Apricots<br><br>9:30 AM – Advisory Board Meeting<br>1:00 PM – Pinochle  | 7<br>Italian pasta bake with pepperoni<br>House salad<br>Parslied carrots<br>Apple<br><br>9:30 AM – Bone Builders Exercise<br>10:30 AM – Nourish Class            | 8<br>Ham & cheese omelet<br>Tator tots<br>Banana<br><br>11:30 AM - Brunch<br>1:00 PM – Board Games   | 9<br>Meatloaf<br>Baked potato<br>Mixed vegetables<br>Pears<br><br>9:30 AM – Bone Builders Exercise<br>1:00 PM – Bingo                     | 10<br>Bean & ham soup<br>BLT<br>Coleslaw<br>Fruit cocktail                       |
| 11<br>Swedish meatballs over rice<br>Zucchini<br>Mandarin oranges      | 12<br>Grilled chicken<br>Potato salad<br>Broccoli<br>Applesauce                              | 13<br>Lasagna<br>House salad<br>Green beans<br>Peaches<br><br>1:00 PM – Pinochle  | 14<br>Pork loin<br>Mashed potatoes & gravy<br>Asparagus<br>Pears<br><br>9:30 AM – Bone Builders Exercise<br>10:30 AM – Nourish Class<br>2:00 PM – Valentine’s Tea | 15<br>Taco salad with lettuce, tomato, onion, chips, salsa, cheese, sour cream<br>Fresh fruit<br><br>11:30 PM – Birthday Dinner<br>1:00 PM – Board Games | 16<br>Beef stew<br>Peas<br>Dinner roll<br>Tropical fruit<br><br>9:30 AM – Bone Builders Exercise<br>1:00 PM – Bingo                       | 17<br>Chicken kiev<br>Rosemary potatoes<br>Normandy blend vegetables<br>Apricots |
| 18<br>Salisbury steak<br>Mashed potatoes<br>Beets<br>Pears             | 19<br>Stuffed cabbage<br>Parslied potatoes<br>Carrots<br>Fruit cocktail                      | 20<br>Ham<br>Scalloped potatoes<br>Stewed tomatoes<br>Applesauce<br><br>1:00 PM - Pinochle                                      | 21<br>BBQ on a bun<br>Tator tots<br>Baked beans<br>Banana<br><br>9:30 AM – Bone Builders Exercise<br>10:30 AM – Nourish Class                                     | 22<br>Baked fish<br>Sweet potato puffs<br>Broccoli<br>Applesauce<br><br>1:00 PM – Board Games  | 23<br>Pork chop<br>Roasted potatoes<br>Green beans<br>Peaches<br><br>9:30 AM – Bone Builders Exercise<br>1:00 PM – Bingo                  | 24<br>Vegetable soup<br>Ham sandwich<br>Coleslaw<br>Pineapple                    |
| 25<br>Roast beef<br>Mashed potatoes & gravy<br>Asparagus<br>Applesauce | 26<br>Bratwurst on bun<br>Baby bakers<br>Corn<br>Fresh fruit                                 | 27<br>Meatballs<br>Mashed potatoes & gravy<br>Spinach salad<br>Carrots<br>Mandarin oranges<br><br>1:00 PM – Pinochle Tournament | 28<br>Chicken patty on wheat bun<br>Macaroni salad<br>Baked beans<br>Apricots<br><br>9:30 AM – Bone Builders Exercise   | 29<br>BBQ ribs<br>Augratin potatoes<br>Cauliflower<br>Pears<br><br>1:00 PM – Board Games   |   |  |