


Serving Times:

Monday – Friday - 11:30 AM

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

Valley City’s Menu for July 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 Hamburger patty on bun Macaroni salad Baked beans Fresh fruit	2 Chicken pot pie with biscuits Lettuce salad Apricots 9:30 AM - Advisory Board Meeting 1:00 PM - Pinochle	3 Swedish meatballs Mashed potatoes Green beans Pineapple 9:30 AM - Bone Builders Exercise	4 Center CLOSED 	5 Lemon pepper tilapia Rosemary potatoes Beets Mandarin oranges 9:30 AM – Bone Builders Exercise 1:00 PM - Bingo	6 Tator tot hotdish Dinner roll Mixed vegetables Apple slices
7 Ham Yams Stewed tomatoes Fruit cocktail	8 Salisbury steak Mashed potatoes Corn Peaches	9 Linguini noodles with pesto sauce Diced chicken Breadstick Carrots Applesauce 1:00 PM - Pinochle	10 Beef stew Lettuce salad Dinner roll Tropical fruit 9:30 AM – Bone Builders Exercise	11 Chicken noodle soup Chicken salad sandwich V8 juice Fruit 5:30 PM - Supper Night Entrée: Country Fried Steak Entertainment: Stroke Recognition & Prevention – Molly, Essentia Health	12 Pork chop Baked potato Prince Edward vegetables Pears 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	13 Cabbage roll Augratin potatoes Broccoli Apricots
14 Teriyaki meatballs Fried rice Green beans Pineapple	15 Fishwich on a bun Baby bakers Mixed vegetables Mandarin oranges	16 Rope sausage Mashed potatoes Sauerkraut Cauliflower Apple slices 1:00 PM - Pinochle	17 BBQ chicken Potato salad Wax beans Fruit cocktail 9:30 AM – Bone Builders Exercise	18 Egg bake Sausage links Peaches 11:30 AM - Birthday Dinner 1:00 PM – Board Games	19 Roast beef Mashed potatoes & gravy Corn Applesauce 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	20 Italian wedding soup Ham & cheese sandwich Tropical fruit
21 Pork loin Mashed potatoes & gravy Peas Pears	22 Bratwurst on bun Macaroni salad Baked beans Fresh fruit	23 Lmon pepper tilapia Scalloed potatoes Asparagus Apricots 1:00 PM – Pinochle	24 Swiss steak Mashed potatoes Carrots Pineapple 9:30 AM – Bone Builders Exercise	25 BBQ ribs Baked potato Green beans Mandarin oranges 1:00 PM – Board Games	26 Lasagna Lettuce salad Garlic toast Apple slices 9:30 AM – Bone Builders Exercise 1:00 PM– Bingo	27 Chicken kiev Diced potatoes Beets Fruit cocktail
28 Salisbury steak Mashed potatoes Capri vegetables Peaches	29 Stuffed pepper Parsley potato Wax beans Applesauce	30 Taco salad Lettuce, tomatoes, onions, cheese, sour cream, salsa Breadstick Tropical fruit 1:00 PM – Pinochle Tournament	31 Ham Yams Peas & carrots Pears 9:30 – Bone Builders Exercise			

Serving Times:

Monday – Friday - 11:30 AM

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

Valley City’s Menu for August 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 Baked potato cheddar soup Turkey sandwich V8 juice Apricots 5:30 PM - Supper Night Entrée: Meatballs Entertainment: To Be Announced	2 Fishwich on bun Augratin potatoes Peas Pineapple 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	3 Hamburger hotdish Carrots Dinner roll Mandarin oranges
4 Country fried steak Mashed potatoes & gravy Green beans Apple slices	5 Grilled chicken Baby bakers Beets Fruit cocktail	6 Linguini noodles with pesto sauce Diced chicken Breadstick Broccoli Peaches 9:30 AM - Advisory Board Meeting 1:00 PM – Pinochle	7 BBQ on a bun Macaroni salad Baked beans Applesauce 9:30 AM – Bone Builders Exercise	8 French toast Sausage links Seasoned potatoes Topical fruit 1:00 PM – Board Games	9 Pork loin Mashed potatoes & gravy Prince Edward vegetables Pears 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	10 Chicken strips Rosemary potatoes Coleslaw Apricots
11 Swedish meatballs Mashed potatoes Stewed tomatoes Pineapple	12 Bratwurst on a bun Augratin potatoes Corn Mandarin oranges	13 Beef stroganoff with beef tips Wide noodles Lettuce salad Apple slices 1:00 PM – Pinochle	14 Chicken kiev Diced Yukon Gold potatoes Peas & carrots Fruit cocktail 9:30 AM – Bone Builders Exercise	15 Spaghetti with meat sauce Garlic toast Capri vegetables Peaches 11:30 PM - Birthday Dinner 1:00 PM – Board Games	16 Ham Yams Cauliflower Applesauce 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	17 Garden vegetable soup Deli roast beef sandwich Tropical fruit
18 Pork chop Baked potato Carrots Pears	19 Salisbury steak Mashed potatoes Wax beans Apricots	20 Tator tot hotdish Dinner roll Lettuce salad Pineapple 1:00 PM - Pinochle	21 Roast beef Mashed potatoes & gravy Beets Mandarin oranges 9:30 AM - Bone Builders Exercise	22 Meatloaf Baby bakers Green beans Apple slices 1:00 PM – Board Games	23 Rope sausage Mashed potatoes Sauerkraut Peas Fruit cocktail 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	24 Stuffed pepper Augratin potatoes Mixed vegetables Peaches
25 Swiss steak Mashed potatoes & gravy Corn Applesauce	26 Fishwich on bun Rosemary potatoes Capri vegetables Tropical fruit	27 Lasagna Breadstick Broccoli Pears 1:00 PM – Pinochle Tournament	28 Meatballs Mashed potatoes & gravy Stewed tomatoes Apricots 9:30 AM - Bone Builders Exercise	29 BBQ ribs Baked potatoes Wax beans Pineapple 1:00 PM - Board Games	30 Chicken pot pie with biscuits Lettuce salad Mandarin oranges 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	31 Tomato bisque soup Egg salad sandwich Apple slices