


**Serving Times:**

**Monday – Friday - 11:30 AM**

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

**Valley City’s Menu for September 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 Roast beef Mashed potatoes Prince Edward & vegetables Tropical fruit	2 Center CLOSED 	3 Hamburger patty on a bun Macaroni salad Baked bean Fresh fruit  9:30 AM - Advisory Board Meeting 1:00 PM – Pinochle	4 Salisbury steak Mashed potatoes Carrots Pears  9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times	5 Knoephla soup Summer sausage sandwich V8 juice Applesauce  5:30 PM - Supper Night Entrée: Pork loin Entertainment: Oakland Grove	6 Lemon pepper tilapia Baby bakers Stewed tomatoes Pineapple  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	7 Chicken cordon bleu Rosemary potatoes Broccoli Apricots
8 Ham Scalloped potatoes Green beans Fruit cocktail	9 Swedish meatballs Mashed potatoes Peas & carrots Mandarin oranges	10 Grilled chicken Potato salad Beets Peaches  1:00 PM – Pinochle	11 Rope sausage Mashed potatoes Sauerkraut Capri vegetables Apple slices  9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times	12 Cheese omelet Bacon Seasoned potatoes Juice  1:00 PM – Board Games	13 Cabbage roll Augratin potato Corn Tropical fruit  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	14 Vegetable soup Turkey sandwich Pears
15 Meatballs Mashed potatoes & gravy Mixed vegetables Applesauce	16 Lasagna Green beans Garlic toast Pineapple	17 BBQ ribs Baked potato Coleslaw Apricots  12 Noon - LIHEAP Presentation by Sean Ryan, BC Social Services 1:00 PM – Pinochle	18 Country fried steak Mashed potatoes & gravy Peas Mandarin oranges  9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times	19 Linguini noodles w/ pesto & diced chicken Breadstick Prince Edward vegetables Fruit cocktail  11:30 PM - Birthday Dinner 1:00 PM – Board Games	20 Hamburger hotdish Carrots Dinner roll Peaches  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	21 Beef stew Lettuce salad Dinner roll Apple slices
22 Pork chop Mashed potatoes & gravy Cauliflower Tropical fruit	23 Chicke kiev Baby bakers Stewed tomatoes Pears	24 Taco salad Lettuce, tomato, onion, cheese, sour cream, salsa Breadstick Applesauce  1:00 PM - Pinochle	25 Swiss steak Mashed potatoes Green beans Pineapple  9:30 AM - Bone Builders Exercise 12:45 PM – Bible Times	26 Bratwurst on bun Potato salad Baked beans Apricots  1:00 PM – Board Games	27 Roast beef Mashed potatoes & gravy Capri vegetables Mandarin oranges  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	28 BBQ chicken Macaroni salad Corn Fruit cocktail
29 Salisbury steak Mashed potatoes Peas & carrots Peaches	30 Stuffed pepper Augratin potato Wax beans Apple slices					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 October 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 Country fried steak Mashed potatoes Prince Edward vegetables Tropical fruit  9:30 AM - Advisory Board Meeting 1:00 PM - Pinochle	2 BBQ on a bun Baby bakers Baked beans Pears  9:30 AM - Bone Builders Exercise 12:45 PM – Bible Times	3 Minestrone soup Deli roast beef V8 juice Pineapple  9:00 AM – Rolls, Coffee & Bake Sale 1:00 PM – Bingo 3:15 PM – Raffle Drawing 5:30 PM - Supper Night Entrée: Turkey & all trimmings	4 Swedish meatballs Mashed potatoes Carrots Fresh fruit  9:30 AM – Bone Builders Exercise 1:00 PM - Bingo	5 Chicken strips Tator tots Mixed vegetables Mandarin orange
6 Pork loin Mashed potatoes Green beans Fruit cocktail	7 Stuffed pepper Augratin potatoes Cauliflower Peaches	8 Beef stroganoff with beef tips & wide noodles Lettuce salad Apple slices  1:00 PM - Pinochle	9 Lemon pepper tilapia Rosemary potatoes Beets Tropical fruit  9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times	10 Pancakes Sausagelinks Breakfast potatoes Juice  1:00 PM – Board Games	11 Ham Yams Stewed tomatoes Pears  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	12 Chicken kiev Diced Yukon potatoes Capri vegetables Pineapple
13 Roast beef Mashed potatoes & gravy Peas & carrots Applesauce	14 Cabbage roll Baby bakers Corn Mandarin oranges	15 Chicken pot pie over biscuit Lettuce salad Fruit cocktail  1:00 PM - Pinochle	16 BBQ ribs Baked potato Broccoli Peaches  9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times	17 Spaghetti & meat sauce Green beans Garlic toast Apple slices  11:30 AM - Birthday Dinner 1:00 PM – Board Games	18 Grilled chicken Potato salad Baked beans Tropical fruit  9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	19 Broccoli cheese soup Ham sandwich Pears
20 Ham Scalloped potatoes Stewed tomatoes Pineapple	21 Bratwurst on a bun Macaroni salad Carrots Fresh fruit	22 Meatloaf Baked potato Wax beans Mandarin oranges  1:00 PM – Pinochle	23 Pork chop Mashed potatoes Mixed vegetables Fruit cokctail  9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times	24 Chicken parmesan Diced Yukon potatoes Beets Peaches  1:00 PM – Board Games	25 Chili Coleslaw Cornbread Apple slices  9:30 AM – Bone Builders Exercise 1:00 PM– Bingo	26    Center CLOSED 
27 Meatballs Mashed potatoes & gravy Corn Pears	28 Fishwich on a bun Augratin potatoes Prince Edward vegetables Pineapple	29 Lasagna Lettuce salad Garlic toast Applesauce  1:00 PM – Pinochle Tournament	30 Salisbury steak Mashed potatoes Peas & carrots Mandarin oranges  9:30 – Bone Builders Exercise 12:45 PM – Bible Times	31 Tator tot hotdish Capri vegetables Dinner roll Fruit cocktail  1:00 PM – Board Games		