


Serving Times:

Monday – Friday - 11:30 AM

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

Valley City’s Menu for September 2025

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 Center CLOSED 	2 Swedish meatballs Corn Mashed potatoes & gravy Fresh fruit 9:30 AM - Advisory Board Meeting 1:00 PM - Pinochle	3 Pork loin Mixed vegetables Scalloped potatoes Tropical fruit 9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times Bible study	4 Roast beef sandwich Potato soup Pears 9 AM -2 PM - Defensive Driving Course 5:30 PM - Supper Night Entrée: Hawaiian Pork Chop Entertainment: Garrett Munro	5 Hot dog on bun Baked beans Macaroni salad Fruit cocktail 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	6 Cubed steak Beets Mashed potatoes Pinepple
7 Ribs Peas Yams Peaches Dinner roll	8 Tilapia Broccoli Mashed potatoes Apricots	9 Roast Green beans Baked potato Apple slices Dinner roll 1:00 PM – Pinochle 3:00 PM - Aktion Club	10 Cabbage roll Cauliflower Mashed potatoes Mandarin oranges 9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times Bible study	11 Egg strata Sweet potato Hashbrown patty Applesauce Muffin 1:00 PM – Game Day	12 Sweet & sour pork Wax beans Fried rice Fresh fruit 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	13 Ring sausage Squash Oven potatoes Tropical fruit
14 Meatloaf Capri vegetables Baked potato Pineapple Dinner roll	15 Brat on bun Peas Potato salad Fruit cocktail	16 Teriyaki chicken Stir fry vegetables Mashed potatoes Pears 1:00 PM – Pinochle	17 Ham balls Beets Mashed potatoes Peaches 9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times Bible study	18 Tuna noodle hotdish Baked beans Dinner roll Apricots 11:30 AM - Birthday Dinner 1:00 PM – Game Day	19 Beef stew with veggies Coleslaw Applesauce Breadstick 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	20 Swiss steak Stewed tomatoes Mashed potatoes Mandarin oranges
21 Beef stroganoff over noodles Peas & carrots Apple slices Breadstick	22 Country fried steak Mashed potatoes & country gravy Prince Edward vegetables Fresh fruit	23 BBQ meatballs Cauliflower Oven potatoes Tropical fruit 1:00 PM – Pinochle	24 Chicken patty on bun Green beans Baby bakers Pineapple 9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times Bible study	25 Stuffed peppers Wax beans Mashed potatoes Fruit cocktail 1:00 PM – Game Day	26 Chicken with lemon herb mushroom sauce Broccoli Mashed potatoes Pears 10:45 -11:30 AM - Flu Shot Clinic 9:30 AM – Bone Builders Exercise 1:00 PM– Bingo	27 Hamburger hotdish Mixed vegetables Peaches
28 Swedish meatballs Broccoli Mashed potatoes Applesauce	29 Orange chicken Corn Rice Mandarin oranges	30 Spaghetti with meat sauce Peas Applesauce Garlic bread 1:00 PM – Pinochle Tournament				

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Substitutions may be necessary due to product availability.			1 Chicken pot pie Salad Applesauce Biscuits 9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times Bible study	2 Fall Festival Tomato soup Ham & cheese sandwich Fruit juice 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	3 Fish Beets Scalloped potatoes Apple slices 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	4 Knoephla soup Salad Peaches Breadstick
5 Herbed pork loin Capri vegetables Mashed potatoes Pineapple	6 Chicken alfredo over noodles Corn Fruit cocktail Breadstick	7 BBQ ribs Peas & carrots Macaroni salad Mandarin oranges 9:30 AM - Advisory Board Meeting 1:00 PM – Pinochle	8 Swedish meatballs Mixed vegetables Mashed potatoes Fresh fruit 9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times Bible study	9 Sausage patty Stewed tomatoes French toast slice Tropical fruit 1:00 PM – Game Day	10 Cabbage roll Peas Baby bakers Pears 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	11 Tator tot hotdish Mixed vegetables Dinner roll Applesauce
12 Roast beef & gravy Cauliflower Mashed potatoes Apricots	13 Calico beans Salad Apple slices Cornbread	14 Creamed chicken Mashed potatoes Green beans Peaches Dinner roll 1:00 PM – Pinochle 3:00 PM - Aktion Club	15 Hawaiian pork chop Caramelized carrots Rosemary potatoes Pineapple Dinner roll 9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times Bible study	16 Fish sandwich on bun Carrots Potato wedges Fruit cocktail 1:00 PM – Game Day	17 Broccoli beef stir fry Rice Mandarin oranges 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	18 Tuna hotdish Squash Fresh fruit Dinner roll
19 Meatballs Pickled beets Mashed potatoes Tropical fruit	20 Rope sausage Baked beans Rosemary potatoes Pears	21 Beer cheese soup Turkey sandwich Applesauce 1:00 PM – Pinochle	22 Pizza burger on bun Capri vegetables Potato salad Apricots 9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times Bible study	23 Grilled chicken Mixed vegetables Mashed potatoes Apple slices 11:30 PM - Birthday Dinner 1:00 PM – Game Day	24 Sweet & sour pork Japanese vegetables Rice Peaches 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	25 Chicken strips Broccoli Baby bakers Pineapple
26 Chicken cordon bleu Beets Mashed potatoes Fruit cocktail	27 Pulled pork on a bun Cauliflower Macaroni salad Mandarin oranges	28 Beef vegetable soup Summer sausage sandwich V8 juice Fresh fruit 1:00 PM – Pinochle Tournament	29 Stuffed peppers Squash Parsley potatoes Tropical fruit 9:30 AM – Bone Builders Exercise 12:45 PM – Bible Times Bible study	30 Homemade pizza Peas Pears 1:00 PM – Game Day	31 Chicken kiev Carrots Red skin potatoes Applesauce 9:30 AM – Bone Builders Exercise 1:00 PM – Bingo	