

March 2026 Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals– 218-736-6842

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swiss Steak Mashed Potatoes/Gravy Stewed Tomatoes Fruit Cup	3 Cook's Choice	4 Taco Salad Fruit Salad Cornbread Pudding/Topping	5 Meatloaf Au Gratin Potatoes Mixed Vegetables Baked Diced Apple	6 Vegetable Soup Egg Salad Sandwich Vanilla Fruit Salad Cookie
9 Chicken Strips Potato Casserole California Blend Pudding	10 Pork Chops Mashed Potatoes/Gravy Peas & Carrots Ice Cream	11 Spaghetti w/Meat Sauce Garden Salad Garlic Toast Mandarin Oranges	12 Roast Beef Mashed Potatoes/Gravy Coleslaw Pudding	13 Baked Fish Baked Potato Parsley Carrots Peanut Butter Bar
16 Beef Stew Biscuit Fruit Cup Sherbet	17 Meatballs Mashed Potatoes/Gravy Harvard Beets Lemon Bar	18 Creamed Chicken Over a Biscuit Garden Salad Jello/Topping	19 Pork Roast Mashed Potatoes/Gravy Squash Starburst Cake BIRTHDAY/FRIENDSHIP DINNER	20 Tuna Casserole Steamed Broccoli Fruit Juice Fruit Cobbler
23 Pepper Steak Boiled Potatoes/Gravy Creamed Corn Pudding/Topping	24 Baked Ham Baked Sweet Potato Green Beans Pumpkin Bar	25 Hamburger Macaroni Casserole Mixed Vegetables Warm Baked Apples	26 Roast Turkey Mashed Potatoes/Gravy Beets Chocolate Chip Cake	27 Cook's Choice
30 Polish Sausage Parsley Potatoes Sauerkraut Cookie	31 Chicken Strips Mashed Potatoes/Gravy Mixed Vegetables Cinnamon Applesauce	Meals are served with low fat milk, bread and margarine. This meal is prepared in a facility that uses wheat, soy, dairy and nuts. Menu is subject to change.	NSI provides this service in part under the Federal Older Americans Act through a contract with the NWRDC under an area plan approved by the MN Board on Aging.	