

October Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals– 218-736-6842

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.		1 Onion Baked Pork Chop Boiled Potato/Gravy Creamed Peas Frosted Cake	2 Roast Turkey Mashed Potatoes/Gravy Candied Carrots Fruit Salad
5 Country Fried Steak Mashed Potatoes/Gravy Corn Ice Cream	6 BBQ Chicken Au Gratin Potatoes California Blend Whipped Gelatin	7 Cheeseburger/Bun Oven Browned Potatoes BLT Salad Pudding	8 Tater Tot Hotdish Fruited Gelatin Brownie	9 Cook's Choice
12 BBQ Riblet Baked Beans Potato Salad Fruit Cup	13 Roast Beef Mashed Potatoes/Gravy Beets Pudding	14 Country Pork Chop Sweet Potato Steamed Broccoli Cookie	15 Spaghetti w/Meatballs Coleslaw Garlic Breadstick Cheesecake BIRTHDAY/FRIENDSHIP DINNER	16 Turkey Stuffing Casserole Mixed Vegetables Mandarin Oranges
19 Baked Fish Baked Potato Green Beans Ice Cream	20 Baked Chicken Mashed Potatoes/Gravy Baked Squash Cookie	21 Sweet & Sour Meatballs White Rice Tossed Salad/Dressing Mixed Fruit	22 Polish Sausage Or Liver Parsley Buttered Potatoes Mixed Vegetables Strawberry Shortcake	23 Cook's Choice
26 Pepper Steak Mashed Potatoes/Gravy Dill Gazed Carrots Pudding/Topping	27 Pork Stroganoff Egg Noodles Peas Mandarin Oranges	28 Chicken Pot Pie Coleslaw Bread Pudding	29 Roast Pork Mashed Potatoes/Gravy Peas & Carrots Cookie	30 Baked Ham Scalloped Potatoes Beets Cupcake