


# February 2026 Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals– 218-736-6842

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
| <b>2</b><br>Meatloaf<br>Baked Potato<br>Wax Beans<br>Pudding/Topping  | <b>3</b><br>Baked Chicken<br>Mashed Potatoes/Gravy<br>Glazed Carrots<br>Cookie  | <b>4</b><br>Liver & Onions or Chicken Strips<br>Au Gratin Potatoes<br>Broccoli<br>Poke Cake | <b>5</b><br>Hamburger Macaroni Casserole<br>Corn<br>Peaches   | <b>6</b><br>Roast Beef<br>Mashed Potatoes/Gravy<br>Green Beans<br>Cookie   |
| <b>9</b><br>Fish Patty/Bun<br>Tri Tators<br>Peas & Carrots<br>Fruit Cup   | <b>10</b><br>Chicken Alfredo<br>Egg Noodles<br>Carrots<br>Mandarin Oranges  | <b>11</b><br>Pork Roast<br>Parsley Boiled Potatoes<br>Sauerkraut<br>Sherbet                 | <b>12</b><br>Burger/Bun<br>Baked Beans<br>Creamy Coleslaw<br>Jell-o w/Topping   | <b>13</b><br>Cook's Choice   |
| <b>16</b><br>Polish Sausage<br>Oven Fried Potatoes<br>Creamed Corn  | <b>17</b><br>Pepper Steak<br>Mashed Potatoes/Gravy<br>Green Beans<br>Fruit Crisp  | <b>18</b><br>Corn Chowder<br>Egg Salad Sandwich<br>Confetti Coleslaw<br>Cookie              | <b>19</b><br>Meatballs<br>Mashed Potatoes/Gravy<br>Mixed Vegetables<br>Chocolate Chip Cake<br><br><b>BIRTHDAY/FRIENDSHIP DINNER</b> | <b>20</b><br>Baked Fish<br>Au Gratin Potatoes<br>Baked Squash<br>Lemon Bar |
| <b>23</b><br>Country Fried Steak<br>Mashed Potatoes/Gravy<br>Creamed Corn<br>Pudding/Topping  | <b>24</b><br>Baked Chicken<br>Dressing/Gravy<br>Peas & Carrots<br>Cookie  | <b>25</b><br>Lasagna<br>Garden Salad<br>Breadstick<br>Mandarin Oranges<br>Rice Krispy Bar   | <b>26</b><br>Tater Tot Hotdish<br>Mixed Vegetables<br>Dinner Roll<br>Rosy Applesauce  | <b>27</b><br>Cook's Choice   |
| 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. |   |    |  |