

February 2026 Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals— 218-736-6842

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