

September 2024 Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals– 218-736-6842

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day Closed	3 Polish Sausage Hash Brown Sauerkraut Corn Sherbet	4 Riblet Potato Casserole Confetti Coleslaw Lemon Puff Dessert	5 Cook's Choice	6 Breaded Pork Chop Mashed Potatoes/Gravy Yellow Wax Beans Cookie
9 Chicken Patty/Bun Au gratin Potatoes Baked Beans Fruit Cup	10 Hamburger Stroganoff California Blend Vegetables Orange Juice Spice Cake	11 Italian Meatballs w/Spaghetti Sauce Garden Salad Garlic Breadstick Mandarin Oranges	12 Onion Baked Pork Chop Parsley Boiled Potatoes Scalloped Corn Whipped Gelatin	13 Cook's Choice
16 Baked Chicken Mashed Potatoes/Gravy Mixed Vegetables Cookie	17 Salisbury Steak Baked Potato Beets Rosy Applesauce	18 Taco Salad Corn Bread Fruit Juice Pudding/Topping	19 Pork Roast Mashed Potatoes/Gravy Steamed Broccoli Caramel Cake BIRTHDAY CELEBRATION	20 Waffles/Strawberry Sausage Fruit Juice Ice Cream
23 Baked Fish Potato Salad Baked Beans Lemon Fluff	24 Baked Ham Scalloped Potatoes Mixed Vegetables Pineapple Upside-Down Cake	25 Crispy Chicken Salad Garlic Breadstick Fruit Cup Rice Krispy Bar	26 Vegetable Soup Egg Salad/Bun Fruited Jello Pudding/Topping	27 Roast Turkey Mashed Potatoes/Gravy Carrots Cheesecake
30 Sweet & Sour Chicken White Rice Fruit Cup Cookie	Meals are served with low fat milk, bread, and margarine. Menu is subject to change.	This meal is prepared in a facility that uses wheat, soy, dairy and nuts.	NSI provides this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging.	