

# October 2024 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.	<b>1</b> BBQ Riblet Baked Beans Potato Salad Ice Cream	<b>2</b> Cheeseburger/Bun Oven Potatoes BLT Salad Pudding/Topping	<b>3</b> Chicken & Dumplings Broccoli Fruit Crisp	<b>4</b> Tater Tot Hotdish Fruited Gelatin Warm Bread Pudding
<b>7</b> Baked Fish Baked Potato Creamed Peas Tropical Fruit	<b>8</b> Meatloaf Scalloped Potatoes Beets Cinnamon Applesauce	<b>9</b> Baked Chicken Mashed Potatoes/Gravy Steamed Broccoli Spice Cake	<b>10</b> Country Sausage/Gravy Biscuits Parsley Carrots Fruit Juice Jello/Topping	<b>11</b> Cook's Choice
<b>14</b> Country Fried Steak Mashed Potatoes/Gravy Beets Cookie	<b>15</b> Waffle/Strawberries Sausage Fruit Juice Ice Cream	<b>16</b> Chicken Alfredo/Pasta Garlic Breadstick Garden Salad Mandarin Oranges	<b>17</b> Roast Beef Mashed Potatoes/Gravy Squash Dinner Roll Cake  <b>BIRTHDAY CELEBRATON</b>	<b>18</b> Chicken Chili Cornbread Fruit Peanut Butter Bar
<b>21</b> Salisbury Steak Baked Potato Green Beans Pudding/Topping	<b>22</b> Roast Turkey Mashed Potatoes/Gravy Peas & Carrots Rosy Applesauce	<b>23</b> Liver & Onions or Chicken Strips Creamy Potatoes Carrots Sour Cream Raisin Bar	<b>24</b> Baked Ham Au Gratin Potatoes Corn Strawberry Shortcake	<b>25</b> Cook's Choice
<b>28</b> Fish Patty/Bun Oven Browned Potatoes California Blend Sherbet	<b>29</b> Meatballs Mashed Potatoes/Gravy Mixed Vegetables Lemon Sponge Cake	<b>30</b> Ham & Egg Bake Hash Brown Patty Fruit Juice Cinnamon Roll	NSI provides this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging.	