


December 2024 Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals– 218-736-6842

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Waffle w/Strawberries Sausage Fruit Juice Ice Cream	3 Pepper Steak Au Gratin Potatoes California Blend Vanilla Fruit Salad	4 Baked Chicken Mashed Potatoes/Gravy Beets Baked Peach Cobbler	5 Chili Corn Muffin Applesauce Gelatin Brownie	6 Baked Fish Baked Potato Green Bean Casserole Pudding
9 BBQ Riblet Scalloped Potatoes Steamed Broccoli Cookie	10 Chicken Noodle Hotdish Corn Breadstick Mandarin Oranges	11 Country Fried steak Mashed Potatoes/Gravy Baked Squash Jello/Topping	12 Meatloaf Baked Potato Creamed Cabbage Chocolate Cake	13 Cook's Choice
16 Cheeseburger/Bun Baked Beans Coleslaw Sherbet	17 Potato Chowder Egg Salad Sandwich Fruit Cup Dump Cake	18 Tater Tot Hotdish Mixed Vegetables Bread Pudding	19 Turkey/Stuffing Mashed Potatoes/Gravy Yams Dinner Roll Pumpkin Bar	20 Cook's Choice
23 Salisbury Steak Mashed Potatoes/Gravy Carrots Cookie	24 	25	26 Tuna Casserole Mixed Vegetables Warm Baked Apples	27 Meatballs Mashed Potatoes/Gravy Peas Pineapple Upside-Down Cake
30 Pork Chop Baked Potato Green Beans Rosy Applesauce	31 Ham & Egg Bake Hashbrowns Fruit Juice Peaches 'n Cream Muffin	Meals are served with low fat milk, bread & margarine. Meals are prepared in a facility that uses wheat, soy, dairy and nuts. Menu is subject to change.	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 through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging.