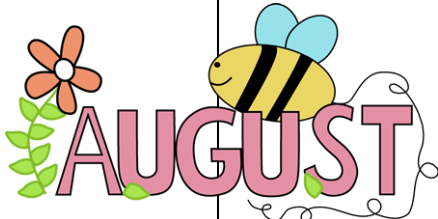


August 2026 Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals– 218-736-6842

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey Pasta Salad Corn Bread Fresh Fruit Cookie	4 Ham Salad Sandwich Potato Salad Fresh Fruit Chocolate Chip Bar	5 Spaghetti w/Meat Sauce Garden Salad/Dressing Garlic Toast Fruited Gelatin	6 Hot Pork Sandwich Mashed Potatoes/Gravy Glazed Carrots Mandarin Oranges	7 Meatloaf Peas Creamed Potatoes Pumpkin Bar
10 Pepper Seak Mashed Potatoes/Gravy Beets Pudding/Topping	11 BBQ Chicken Baked Potato Steamed Broccoli Cheesecake	12 Pork Stroganoff Egg Noodles Garden Salad Jell-o/Topping	13 Egg Salad/Bun Cucumber Tomato Salad Fresh Fruit Cookie	14 Baked Ham Baked Beans Coleslaw Poke Cake
17 Meatballs Mashed Potatoes/Gravy Carrots Cookie	18 Chicken Strips Au Gratin Potatoes Mixed Vegetables Ice Cream	19 Cheeseburger/Bun Hashbrown Fruit Juice Pudding/Topping	20 Crispy Baked Chicken Potato Salad Green Beans Moon Cake BIRTHDAY/FRIENDSHIP DINNER	21 Polish Sausage Sweet Potato Corn Mixed Fruit
24 Paprika Chicken White Rice Green Beans Cookie	25 Cook's Choice	26 Cook's Choice	27 Egg Bake Hashbrown Fresh Fruit Coffee Cake	28 Roast Turkey Mashed Potatoes/Gravy Baked Squash Mixed Fruit
31 Chicken & Rice Hotdish Mixed Vegetables Fruit Juice Pudding/Topping			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.