


July 2026 Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals– 218-736-6842

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p>	<p>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.</p>	<p>1 Chicken Strips Mashed Potatoes/Gravy Garden Salad/Dressing Jell-o/Topping</p>	<p>2 Turkey Rice Hotdish Steamed Broccoli Fruit Juice No Bake Drop Cookie</p>	<p>3 CLOSED</p> 
<p>6 Scalloped Potatoes w/Ham Carrots Pudding/Topping</p>	<p>7 Cook's Choice</p>	<p>8 Mushroom Chicken Baked Sweet Potato Garden Salad Cookie</p>	<p>9 Baked Ham Au Gratin Potatoes Coleslaw Strawberry Cake</p> <p>BIRTHDAY/FRIENDSHIP DINNER</p>	<p>10 Turkey Roast Mashed Potatoes/Gravy Squash Rice Krispy Bar</p>
<p>13 Swiss Steak Baked Potato Stewed Tomatoes Rice Pudding</p>	<p>14 Pork Roast Mashed Potatoes/Gravy Mixed Vegetables Upside-Down Cake</p>	<p>15 Taco salad Corn Bread Fresh Fruit Sherbet</p>	<p>16 Hamburger Gravy Mashed Potatoes Creamy Cucumber Chocolate Cake</p>	<p>17 Meatballs Oven Potatoes Yellow Wax Beans Cookie</p>
<p>20 Tuna Noodle Casserole Peas & Carrots Dinner Roll\ Mixed Fruit</p>	<p>21 Cook's Choice</p>	<p>22 Baked Potato Topped w/ Ham & Cheese Coleslaw Rosy Applesauce</p>	<p>23 Roast Turkey Mashed Potatoe/Gravy Baked Squash Jell-o/Topping</p>	<p>24 Hamburger/Bun Potato Salad Baked Beans Watermelon</p>
<p>27 Salisbury Steak Baked Potato Steamed Broccoli Fruit Cup</p>	<p>28 Chicken Salad/Bun Cucumber & Tomato Salad Fruit Juice Brownie</p>	<p>29 BBQ Chicken Hashbrowns Garden Salad Jell-o/Topping</p>	<p>30 Tater Tot Hotdish Green Beans Fruit Cobbler</p>	<p>31 Turkey Loaf Mashed Potatoes/Gravy Glazed Carrots Cookie</p>