




December 2023 Fergus Falls Senior Dining

Senior Center meals– 218-736-6842

Meals by Wheels 218-731-8568

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</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 MBA.</p>			<p>1 Swedish Meatballs Boiled Potatoes Mixed Vegetables Cookie</p>
<p>4 BBQ Riblet Scalloped Potatoes Steamed Broccoli Ice Cream</p>	<p>5 Lasagna Waxed Beans Breadstick Mandarin Oranges</p>	<p>6 Chicken Fried Steak Sweet Potato Green Beans Lemon Fluff</p>	<p>7 Baked Chicken Baked Potato Baked Squash Rose Applesauce</p>	<p>8 Cook's Choice</p>
<p>11 Baked Fish Tater Tots Parsley Carrots Cookie</p>	<p>12 Chicken Strips Mashed Potatoes/Gravy Beets Jell-o w/Topping</p>	<p>13 Potato Chowder Egg Salad Sandwich Fruit Cup Dump Cake</p>	<p>14 Cook's Choice</p>	<p>15 Roast Beef Mashed Potatoes/Gravy Creamed Cabbage Cake</p>
<p>18 Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Sherbet</p>	<p>19 Ham & Egg Bake Hashbrowns Fruit Juice Muffin</p>	<p>20 Beef Stew Biscuit Fruit Juice Cookie</p>	<p>21 Turkey/Stuffing Mashed Potatoes/Gravy Carrots Dinner Roll Pumpkin Cake</p>	<p>22 No Meal Served</p>
<p>25</p> 	<p>26 Polish Sausage Baked Beans Corn Bar</p>	<p>27 Baked Chicken Mashed Potatoes/Gravy California Blend Pudding/Topping</p>	<p>28 Baked Ham Cheesy Hashbrowns Yams Cinnamon Apples</p>	<p>29 Waffles Strawberries Sausage Fruit Juice Sugar Cookie</p>