


November Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals– 218-736-6842

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fish Patty/Bun Oven Browned Potatoes Steamed Broccoli Cookie	4 Chicken Alfredo Over Pasta Garlic Breadstick Mixed Vegetables Fruited Gelatin	5 Roast Beef Mashed Potatoes Creamed Cabbage Rice Krispy Bar	6 Ham & Egg Bake Hashbrown Patty Fruit Juice Cinnamon Roll	7 Cook's Choice
10 Sloppy Joe/Bun Tri Tateros Pea & Cheese Salad Pudding	11 Corn Chowder Ham Salad Sandwich Fruit Cup Cookie No Meals at the Senior Center - Closed for Veteran's Day	12 Roast Pork Mashed Potatoes/Gravy Squash Jell-o/Topping	13 Baked Fish Au Gratin Potatoes California Blend Lemon Bar	14 Rice Krispie Casserole Beets Vanilla Fruit Salad
17 Chicken Strips Boiled Potato/Gravy Scalloped Corn Rice Pudding	18 BBQ Ribs Cheesy Hashbrowns Glazed Carrots Jell-o/Topping	19 Meatloaf Baked Potato Lettuce Salad Fruit Cup	20 Roast Turkey Mashed Potatoes/Gravy Dressing Candied Yams Cranberries Pumpkin Pie Square FRIENDSGIVING/ BIRTHDAY DINNER	21 Cook's Choice
24 Chicken Patty/Bun Tri Tators Green Beans Sherbet	25 Beef Stew Biscuit Fruit Salad Pudding/Topping	26 Baked Chicken Dressing/Gravy Squash Cookie	27 Closed 	28 Closed

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.

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.