

June 2026 Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals– 218-736-6842

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Country Fried Steak Mashed Potatoes/Gravy Green Beans Pudding/Topping	2 Cook's Choice	3 Chicken Lasagna Garden Salad Fresh Fruit Cookie	4 Cook's Choice	5 Turkey Dressing/Gravy Yams Fruit Juice Pumpkin Bar
8 Waffle w/Strawberries Sausage Patty Fruit Juice Pudding/Topping	9 Meatballs Mashed Potatoes/Gravy Peas & Carrots Ice Cream	10 Oriental Chicken White Rice Confetti Coleslaw Sugar Cookie	11 Liver & Onions/Alt Parsley Boiled Potatoes Carrots Chocolate Chip Cookie	12 Chicken Patty/Bun 3-Bean Salad Tri Taters Fruit Cup
15 Pork Chop Baked Potato Baked Squash Mixed Fruit	16 Roast Beef Mashed Potatoes/Gravy Creamed Cabbage Apple Pie Square	17 Turkey Tetrzzini Breadstick Garden Salad Mandarin Oranges	18 Baked Chicken Potato Salad Green Beans Chocolate Cake BIRTHDAY/FRIENDSHIP DINNER	19 Cheeseburger/Bun Tri Taters Cucumber Salad Cookie
22 Salisbury Steak Mashed Potato/Gravy Steamed Broccoli Rosy Applesauce	23 Polish Sausage Baked Sweet Potato Sauerkraut Poke Cake	24 Baked Fish Oven Browned Potatoes BLT Salad Jello/Topping	25 Egg Salad/Bun Cucumber & Tomato Salad Fresh Fruit Brownie	26 Meatloaf Scalloped Potatoes Candied Potatoes Rice Krispy Bar
29 Baked Fish Baked Potato California Blend Lemon Bar	30 Baked Chicken Mashed Potatoes/Gravy Mixed Vegetables Ice Box Cake	<div style="border: 1px solid black; padding: 5px; text-align: center;"> 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. </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> 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. </div>	