

September Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals– 218-736-6842

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Polish Sausage Au Gratin Potatoes Sauerkraut Lemon Fluff	2 Taco Salad Corn Bread Mixed Fruit Sherbet	3 Hamburger Stroganoff California Blend Fruit Cup Cookie	4 Roast Turkey Mashed Potatoes/Gravy Carrots Cheese Cake
7 Closed 	8 Cook's Choice	9 Pork Roast Mashed Potato/Gravy Steamed Broccoli Ice Cream	10 Shepherd's Pie Biscuit Creamy Fruit Salad Cookie	11 Baked Chicken Mashed Potatoes/Gravy Steamed Broccoli Spice Cake
14 Baked Fish Potato Salad Baked Beans Fruit Cup	15 Salisbury Steak Baked Potato Creamed Carrots Rosy Applesauce	16 Goulash Tossed Salad/Dressing Breadstick Cinnamon Apples	17 Pork Roast Mashed Potatoes/Gravy Baked Squash BIRTHDAY/FRIENDSHIP DINNER	18 Chicken Noodle Hotdish Beets Fruit Salad Brownie
21 Sweet & Sour Chicken White Rice Fruit Cup Pudding	22 Baked Ham Scalloped Potatoes Green Beans Pineapple Upside-Down Cake	23 Meatloaf Baked Potato Garden Salad Ice Cream	24 Chicken & Dumplings Carrots Fruit Juice Chocolate Cake	25 Cook's Choice
28 Baked Fish Au Gratin Potatoes Peas Rosy Pears	29 Meatballs Mashed Potatoes/Gravy Mixed Vegetables Ice Cream	30 Chicken Patty/Bun Potato Casserole Confetti Coleslaw Lemon Puff Dessert	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.