

January 2025 Fergus Falls Senior Dining

Meals by Wheels 218-731-8568

Senior Center meals– 218-736-6842

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NSI provides this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging.</p>	<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>1</p> 	<p>2 Waffle/Strawberries Sausage Fruit Juice Ice Cream</p>	<p>3 Tomato Soup Grilled Cheese Sandwich Fruit Cup Cookie</p>
<p>6 Cook's Choice</p>	<p>7 Baked Ham Au Gratin Potatoes Steamed Broccoli Blushing Pears</p>	<p>8 Chili Corn Bread Fruit Juice Warm Baked Apple</p>	<p>9 Oven Fried Chicken Mashed Potatoes/Gravy Mixed Vegetable Lemon Cake</p>	<p>10 Tater Tot Hotdish Peas & Carrots Dinner Roll Bread Pudding</p>
<p>13 Shredded Chicken/Bun Baked Beans Potato Salad Sherbet</p>	<p>14 Liver & Onions or Polish Sausage Oven Potatoes California Blend Vegetables Whipped Jello</p>	<p>15 Potato Soup Egg Salad Sandwich Fruit Cup Cookie</p>	<p>16 Pork Roast Mashed Potatoes/Gravy Squash Cake</p>	<p>17 Cook's Choice</p>
<p>20 Country Fried Steak Mashed Potatoes/Gravy Beets Cookie</p>	<p>21 BBQ Chicken Breast Baked Sweet Potato Green Beans Chocolate Pie Square</p>	<p>22 Swiss Steak Baked Potato Garden Salad/Dressing Fruited Jello</p>	<p>23 Meatloaf Mashed Potatoes/Gravy Carrots Spice Cake</p>	<p>24 Chicken Gravy over Biscuit Corn Fruit Juice Rice Krispy Bar</p>
<p>27 Salisbury Steak Mashed Potatoes/Gravy Stewed Tomatoes Ice Cream</p>	<p>28 Scalloped Potatoes/Ham Steamed Broccoli Pudding/Topping</p>	<p>29 Chicken Stir Fry White Rice Egg Roll Mandarin Oranges</p>	<p>30 Baked Fish Baked Potato Creamed Peas Lemon Pie Square</p>	<p>31 Cook's Choice</p>