




Serving Times:

Monday – Friday - 11:30 AM Brunch – 10:30 AM

Saturday - 12:00 PM Sunday - 12:30 PM

Valley City's Menu for September 2019

All meals include ~ 2 slices of Whole Grain Bread, 1 cup of 1% Milk, Margarine, Coffee and dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Chicken kiev Augratin potatoes Peas Cake</p>	<p>2 </p>	<p>3 Teriyaki chicken Fried rice Corn Roll Fruit</p> <p>1:15 PM – Pinochle</p>	<p>4 Swiss steak Mashed potatoes Peas Dump cake</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM - Whist</p>	<p>5 Soup Sandwich Fruit Juice</p>  <p>5:30 PM – Supper Night Entrée: Salisbury steak Entertainment: Tim Kadrmas</p>	<p>6 Fish Parsley potatoes Wax beans Pudding</p> <p>9:30 AM – Bone Builders' Exercise 1:00 PM – Bingo</p>	<p>7 Chicken patty on a bun Pasta salad Chips Cookie</p>
<p>8 BBQ meatballs Baby bakers Green beans Poke cake</p>	<p>9 Honey mustard chicken Oven potatoes Mixed vegetables Tropical fruit</p> <p>9:30 AM – Advisory Board 1:15 PM – Whist</p>	<p>10 Cabbage roll Augratin potatoes Carrots Pineapple</p> <p>12 Noon - NARFE 1:15 PM – Pinochle</p>	<p>11 Hamburger hotdish Lettuce salad Breadstick Bar</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM - Whist</p>	<p>12 Egg bake Ham Diced potatoes Muffins</p> <p>10:30 AM – Brunch 1:15 PM – Pinochle Day</p>	<p>13 Beef tips Mashed potatoes Corn Brownie</p> <p>9:30 AM – Bone Builders' Exercise 1:00 PM – Bingo</p>	<p>14 Chili Coleslaw Cornbread Peaches</p>
<p>15 Pork loin Mashed potatoes & gravy Peas Pie</p>	<p>16 Riblette on a bun Baked beans Potato salad Mandarin oranges</p> <p>1:15 PM - Whist</p>	<p>17 Chicken cordon bleu Oven potatoes Green beans Pudding</p> <p>1:15 PM – Pinochle</p>	<p>18 Ham Scalloped potatoes Carrots Cookie</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM - Whist</p>	<p>19 Soup Sandwich Fruit Juice</p>  <p>5:30 PM – Supper Night Entrée: Country fried steak Entertainment: Mel Olstad & Myron Trangsrud</p>	<p>20 Fish Paprika potatoes Beets Tropical fruit</p> <p>9:30 AM – Bone Builders' Exercise 1:00 PM - Bingo</p>	<p>21 Chicken strips Oven potatoes Peas Pudding</p>
<p>22 Salisbury steak Mashed potatoes & gravy Corn Cheesecake</p>	<p>23 Lasagna Lettuce salad Garlic toast Fruit cocktail</p> <p>1:15 PM - Whist</p>	<p>24 Pork chop Mashed potatoes & gravy Mixed vegetables Cookie</p> <p>1:15 PM – Pinochle</p>	<p>25 Creamy chicken over noodles Peas & carrots Roll Poke cake</p> <p>9:30 AM – Bone Builders' Exercise 1:15 PM - Whist</p>	<p>26 Pancake on a stick Diced potatoes Scrambled eggs Fruit salad</p> <p>10:30 AM - Brunch 1:15 PM – Pinochle</p>	<p>27 Cabbage roll Augratin potatoes Carrots Pudding</p> <p>9:30 AM – Bone Builders' Exercise 1:00 PM – Bingo 1:00 – 2:00 PM – Flu Shot Clinic</p>	<p>28 Chicken drummies Pork & beans Corn Applesauce</p>
<p>29 Orange chicken Rice Japanese vegetables Brownie</p>	<p>30 Hamburger on a bun Baked beans Macaroni salad Apple rings</p> <p>1:15 PM - Whist</p>					


Serving Times:

Monday – Friday - 11:30 AM Brunch – 10:30 AM

Saturday - 12:00 PM Sunday - 12:30 PM

Valley City's Menu for October 2019

All meals include ~ 2 slices of Whole Grain Bread, 1 cup of 1% Milk, Margarine, Coffee and dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 BBQ chicken Paprika potatoes Green beans Mandarin oranges 1:15 PM – Pinochle	2 Roast beef Mashed potatoes & gravy Peas Bar 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	3 Fall Festival Harvest Soup Sandwich Fruit Juice  9:00 AM – Rolls, Coffee, Bake Sale, Silent Auction 11:30 AM – Harvest Soup Lunch 1:00 PM – Bingo 3:30 PM – Raffle drawing 5:30 PM – Fall Festival Supper Entrée: Turkey with all the trimmings	4 Meatballs Mashed potatoes Carrots Pudding 9:30 AM – Bone Builders' Exercise 1:00 PM - Bingo	5 Calico beans Coleslaw Cornbread Pears
6 Polish sausage Paprika potatoes Green beans Fruit crisp	7 Teriyaki chicken Fried rice Peas & carrots Pineapple 9:30 AM – Advisory Board 1:15 PM – Whist Tournament	8 Meatloaf Baked potato Corn Pudding 12:00 Noon - NARFE 1:15 PM – Pinochle	9 Beef stew Lettuce salad Breadstick Cookie 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	10 Biscuits & gravy Sausage patty Hashbrown patty Applesauce 10:30 AM – Brunch 1:15 PM – Pinochle	11 Swiss steak Parsley potatoes Green beans Brownie 9:30 AM – Bone Builders' Exercise 1:00 PM - Bingo	12 Barbeques Pork & beans Chips Peaches
13 Pork roast Mashed potatoes & gravy Peas & carrots Bar	14 Hamburger on a bun Baked beans Potato salad Pudding 1:15 PM - Whist	15 Beef stroganoff over noodles Roll Key West vegetables Apple rings 1:15 PM – Pinochle	16 Cranberry chicken Augratin potatoes Carrots Muffins 9:30 AM – Bone Builders' Exercise 1:15 PM – Whist	17 Soup Sandwich Fruit Juice  8:00 AM – 3:00 PM Medicare D Enrollment 5:30 PM - Supper Entrée: Chicken parmesan Entertainment: To Be Announced	18 Fish Oven potatoes Corn Tropical fruit 9:30 AM – Bone Builders' Exercise 1:00 PM - Bingo	19 Tator tot hotdish Green beans Roll Cookie
20 Oven chicken Baked potatoes Green beans Cheesecake	21 Salisbury steak Mashed potatoes Mixed vegetables Mandarin oranges 1:15 PM - Whist	22 Pork chop Scalloped potatoes Peas Pudding 1:15 PM – Pinochle	23 Lasagna Lettuce salad Garlic toast Brownie 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	24 French toast Sausage Diced potatoes Fruit salad 10:30 AM - Brunch 1:15 PM – Pinochle	25 Country fried steak Mashed potatoes & country gravy Peas & carrots Cake 9:30 AM – Bone Builders' Exercise 1:00 PM - Bingo	26 Chicken drummies Yams Green beans Jello
27 Ham Scalloped potatoes Mixed vegetables Bar	28 Riblette on a bun Baby bakers Beets Applesauce 1:15 PM - Whist	29 Rope sausage Mashed potatoes Sauerkraut Carrots Cookie 1:15 PM – Pinochle Tournament	30 Parmesan chicken Oven potatoes Corn Jello with fruit 9:30 AM – Bone Builders' Exercise 1:15 PM - Whist	31 BBQ meatballs Augratin potatoes Green beans Pears  1:15 PM – Pinochle 3:00 PM – Pie Day		