

# JANUARY, 2009

## FARGO MEALS ON WHEELS & MEALS AT CENTERS

SATURDAY MEALS SERVED AT THE N.P. DEPOT ONLY

**ALL MEALS INCLUDE 8 oz 1% MILK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>CLOSED</b>  <b>HAPPY NEW YEAR!</b>	<p style="text-align: right;"><b>1</b></p> <p>BARBECUE RIBS BAKED POT W/ SOUR CREAM SCALLOPED CORN PEACH HALVES BREAD PUDDING</p> <p style="text-align: right;"><b>2</b></p> <p>(1 WHOLE GRAIN BREAD)</p>
<p style="text-align: right;"><b>5</b></p> <p>LASAGNA ITALIAN VEGETABLES ROSEMARY DINNER ROLL CAPTAIN'S SALAD FRUITED JELLO W/ TOPPING</p> <p>(0 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>6</b></p> <p>ROAST BEEF / GRAVY MASHED POTATOES CARROT COINS PEAR CRISP W/ TOPPING</p> <p>(2 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>7</b></p> <p>PORK CHOP W/ GRAVY SMASHED POTATOES YAMS APPLESAUCE BITSY CHERRY NUT BAR</p> <p>(2 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>8</b></p> <p>LEMON PEPPER FISH WITH TARTAR SAUCE CHEESY HASHBROWN BAKE PEAS &amp; CARROTS TROPICAL FRUIT</p> <p>(2 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>9</b></p> <p>HOT TURKEY SANDWICH MASHED POTATOES/GRAVY BEETS ANGEL FOOD CAKE WITH STRAWBERRIES &amp; TOPPING</p> <p>(0 WHOLE GRAIN BREAD)</p>
<p style="text-align: right;"><b>12</b></p> <p>SWEDISH MEATBALLS MASHED POTATOES SCANDINAVIAN VEGETABLES APPLE CRISP W/ TOPPING</p> <p>(2 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>13</b></p> <p>CHICKEN ALA KING MASHED POTATOES CALIFORNIA BLEND VEG FRUITED JELLO W/ TOPPING CHOC CHIP COOKIE</p> <p>(2 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>14</b></p> <p>SLOW ROASTED PORK LOIN WITH RAISIN SAUCE SWEET POTATOES BROCCOLI RAISIN SALAD WARM CINNAMON APPLES</p> <p>(2 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>15</b></p> <p>SWISS STEAK WITH TOMATOES &amp; ONIONS MASHED POTATOES HARVARD BEETS BANANA</p> <p>(2 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>16</b></p> <p>HONEY GLAZED SALMON LEMON RICE BROCCOLI BASIL BEAN SALAD LIME JELLO W/ PEARS AND TOPPING</p> <p>(1 WHOLE GRAIN BREAD)</p>
<p style="text-align: right;"><b>19</b></p> <p>BEEF STEW CORN BISCUIT FRUITED JELLO W/ TOPPING OATMEAL RAISIN COOKIE</p> <p>(0 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>20</b></p> <p>MEAT LOAF BAKED POTW/ SOUR CREAM STEWED TOMATOES PEACH SLICES</p> <p>(2 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>21</b></p> <p>BAKED COD WITH FETTUCINE SAUCE PARSLIED POTATOES CRUNCHY CABBAGE SLAW WINTER FRUIT CUP</p> <p>(2 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>22</b></p> <p>BARBECUE CHICKEN BAKED POT W/ SOUR CREAM GREEN BEANS APRICOT HALVES</p> <p>(2 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>23</b></p> <p>CABBAGE ROLLS WITH SPANISH SAUCE MASHED POTATOES COUNTRY BLEND VEGETABLES DATE BAR</p> <p>(2 WHOLE GRAIN BREAD)</p>
<p style="text-align: right;"><b>26</b></p> <p>HOT PORK SANDWICH MASHED POTATOES/GRAVY MIXED VEGETABLES FRUITED JELLO W/ TOPPING</p> <p>(0 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>27</b></p> <p>SPAGHETTI W/ MEATSAUCE CAPTAIN'S SALAD (1 CUP) GARLIC FRENCH BREAD PINEAPPLE CHUNKS</p> <p>(0 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>28</b></p> <p>ROAST TURKEY MASHED POTATOES / GRAVY SQUASH CRANBERRY SAUCE PUMPKIN PIE W/ TOPPING</p> <p>(2 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>29</b></p> <p>TILAPIA W/ PECAN MUSTARD CRUST BROWN RICE BUTTERED BRUSSEL SPROUTS CARROT RAISIN SALAD WINTER FRUIT CUP</p> <p>(1 WHOLE GRAIN BREAD)</p>	<p style="text-align: right;"><b>30</b></p> <p>MACARONI BEEF HOTDISH MEXICORN MARINATED VEGETABLES ORANGE BITSY BROWNIE</p> <p>(1 WHOLE GRAIN BREAD)</p>

# JANUARY 2009

## WEST FARGO MEALS ON WHEELS AND MEALS IN THE CENTER

WF DINING CENTER  
MEAL SERVED 11:45 - 12:30

MEALS ON WHEELS  
DELIVERY, 11:15 - 12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>CLOSED</b>  <b>HAPPY NEW YEAR!</b>	
			1	2
				PORK CHOP W/ GRAVY SMASHED POTATOES YAMS APPLESAUCE BROWNIE  (2 WHOLE GRAIN BREAD)
5	6	7	8	9
LASAGNA ITALIAN VEGETABLES GARLIC TOAST CAPTAIN'S SALAD PEAR CRISP W/ TOPPING  (0 WHOLE GRAIN BREAD)	ROAST BEEF / GRAVY MASHED POTATOES CARROT COINS FRUITED JELLO W/ TOPPING  (2 WHOLE GRAIN BREAD)	BARBECUE RIBS BAKED POT W/ SOUR CREAM SCALLOPED CORN PEACH HALVES BREAD PUDDING  (1 WHOLE GRAIN BREAD)	LEMON PEPPER FISH WITH TARTAR SAUCE CHEESY HASHBROWN BAKE PEAS & CARROTS TROPICAL FRUIT  (2 WHOLE GRAIN BREAD)	HOT TURKEY SANDWICH MASHED POTATOES/GRAVY BEETS ANGEL FOOD CAKE WITH STRAWBERRIES & TOPPING  (0 WHOLE GRAIN BREAD)
12	13	14	15	16
SWEDISH MEATBALLS MASHED POTATOES SCANDINAVIAN VEGETABLES APPLE CRISP W/ TOPPING  (2 WHOLE GRAIN BREAD)	TURKEY CROUTON CASSER. MASHED POTATOES CALIFORNIA BLEND VEG BANANNA CHOC CHIP COOKIE  (2 WHOLE GRAIN BREAD)	PORK ROAST WITH RAISIN SAUCE MASHED POTATOES / GRAVY SQUASH WARM CINNAMON APPLES  (2 WHOLE GRAIN BREAD)	SWISS STEAK WITH TOMATOES & ONIONS MASHED POTATOES HARVARD BEETS FRUITED JELLO W/ TOPPING  (2 WHOLE GRAIN BREAD)	SALMON PARSLIED POTATOES THREE BEAN SALAD LIME JELLO W/ PEARS AND TOPPING  (2 WHOLE GRAIN BREAD)
19	20	21	22	23
BEEF STEW CORN BISCUIT PEACH SLICES OATMEAL RAISIN COOKIE  (0 WHOLE GRAIN BREAD)	MEAT LOAF AUGRATIN POTATOES STEWED TOMATOES FRUITED JELLO W/ TOPPING  (2 WHOLE GRAIN BREAD)	BAKED COD WITH FETTUCINE SAUCE PARSLIED POTATOES CRUNCHY CABBAGE SLAW WINTER FRUIT CUP  (2 WHOLE GRAIN BREAD)	BARBECUE CHICKEN BAKED POT W/ SOUR CREAM GREEN BEANS APRICOT HALVES  (2 WHOLE GRAIN BREAD)	CABBAGE ROLLS WITH SPANISH SAUCE MASHED POTATOES COUNTRY BLEND VEGETABLES DATE BAR  (2 WHOLE GRAIN BREAD)
26	27	28	29	30
SPAGHETTI W/ MEATSAUCE CAPTAIN'S SALAD (1 CUP) GARLIC TOAST PINEAPPLE CHUNKS  (0 WHOLE GRAIN BREAD)	HOT PORK SANDWICH MASHED POTATOES/GRAVY MIXED VEGETABLES FRUITED JELLO W/ TOPPING  (0 WHOLE GRAIN BREAD)	ROAST TURKEY MASHED POTATOES / GRAVY SQUASH CRANBERRY SAUCE PUMPKIN PIE W/ TOPPING  (2 WHOLE GRAIN BREAD)	TILAPIA GARDEN BLEND RICE BUTTERED BRUSSEL SPROUTS CARROT RAISIN SALAD WINTER FRUIT CUP  (1 WHOLE GRAIN BREAD)	MACARONI BEEF HOTDISH MEXICORN MARINATED VEGETABLES ORANGE APPLE SAUCE BAR  (1 WHOLE GRAIN BREAD)