

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				Month of February 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
29 Tuna Noodle Casserole LS Veggie Fruit or Sauce	30 Baked Chicken Breast Parsley Potatoes Broccoli / Pudding Fruit or Sauce	31 Shredded BBQ Beef Baked Potato/Sr Crm LS Vegetable Fruit or Sauce	1 French Dip Potato Salad 3 Tomato Slices Fruit or Sauce	2 LS Ham Baked Potato/Sr Crm LS Veggie Fruit or Sauce	
5 Hamburger on a Bun Tater Tots Baked Beans Fresh Fruit or Sauce	6 NO BREAD Chicken Salad On a Lettuce Leaf Tomato Slices Fruit Cocktail	7 Swiss Steak Parsley Potatoes Green Beans Mandarin Oranges	8 Hot Beef Sandwich Mashed Potatoes/Gravy LS Veggie Peach Sauce	9 Juice Shredded BBQ Pork on a bun LS Vegetable Mixed Fruit	
12 SD Chicken Alfredo Italian Vegetables Banana Juice	13 Knoephla Soup Meat Sandwich Lettuce Leaf/Tomato Slice Cateloupe	14 Ash Wednesday Baked Fish Baby Bakers Navy Bean Side Dish Apple Sauce	15 Chicken Fried Steak Mashed Potatoes/Gravy Peas Apricot Sauce	16 Chili (1 & 1/2 Cups) Crackers Cherry Fruit Crisp w/topping	
19 SD B-4 Senior Meals & DL Transit Closed For Presidents Day	20 Meatballs/Brown Gravy Mashed Potatoes LS Vegetable Cutie Oranges	21 Roast Pork Parsley Potatoes Broccoli Crunchy Cranberry Salad	22 Steak w/mushroom sauce Veggie Rice Steamed Cabbage Fresh Fruit or Sauce	23 Breaded Baked Fish Company Potatoes Stewed Tomatoes Fresh Fruit or Sauce	
26 BBQ Ribs (Boneless) Potatoe Wedges LS Veggie Fresh Fruit or Sauce	27 Sweet & Sour Pork Veggie Rice Oriental Veggies Fresh Fruit or Sauce	28 Rotini w/Italian Chicken Squash Coleslaw Fresh Fruit or Sauce	Roast Beef Boiled Potatoes/Gravy LS Veggie Fresh Fruit or Sauce	Tomato Soup Tuna Salad Sandwich Jello w/strawberries (1 cup)	
Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meal Program, or semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update.		Food requiring refrigeration is not allowed to leave the meal site.	AGE 60 AND OVER - SUGGESTED CONTRIBUTION FOR CONGREGATE AND HOME DELIVERED MEALS IS \$4.00, CONTRIBUTE AS YOU ARE ABLE. Those under 60 must pay \$8.30.		