

Senior Meals and Services	Noon Meal Calendar				Month of March 2024
Devils Lake 662-5061 New Rockford/Sheyenne 947-5378					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
0 Bread 26 Spashetti w/meat sauce LS Veggie House Salad / Dressing Fruit Sauce	Bun 27 Grilled Chicken on a bun French Fries Lettuce/Tomato/Onion LS Veggie / Fruit Salad	Ja-4 Tortilla 28 Fish Tacos (2) Lettuce Garnish / Salsa Spanish Rice / Corn Fruit Sauce	F/W 7D W3 2-Bread 29 Roast Beef Mashed Potatoes/Gravy Roasted Brussels Sprouts Fruit Sauce	F/W 7D W3 2 Bread 1 Baked Lemon Cod Sweet Potatoes LS Veggie Fruit Sauce	
D - 5 Roll 4 Cabbage Roll Mashed Potatoes Seasoned Green Beans Mandarin Orange Sauce	0 Bread S-1 5 Turkey California Wrap Sweet Potato Fries Cucmber Dill Salad Fruit Crisp	0 Bread S-2 6 Pulled BBQ Chicken Ranch Beans Corn Bread Fruit Sauce	Café 60 - 1 7 Country Omelet Diced Breakfast Potatoes Pear Sauce Muffin	Wheat Crackers 8 Minestrone Soup Meat Sandwich Carrots Sticks Fruit Sauce S-2	
Breadstick S-3 11 Italian Meatballs Tomato Sauce / Pasta Veggies Blend Pear Sauce	2 - Bread A-3 12 Sausage & Kraut Roasted Red Potatoes Parslied Carrots Apple Sauce	0 Bread A-1 13 Garden Veggie Soup Chef Salad - Bowl Fruit Dessert Bake Garlic Toast	Biscuit S-3 14 CornFlake Chicken Au Gratin Potatoes LS Veggie Chilled Fruit Salad	1 Bread S-3 15 Stuffed Pork Chop Wild Rice Pilaf LS Veggie Peach Sauce	
Mar - 3 2 Bread 18 Corned Beef & Cabbage Roasted Red Potatoes Glazed Carrots Fruit Sauce	Biscuit S-4 19 Chicken Noodles Hotdish Mixed Veggies Cucmber Dill Salad Fruit Cup	0 Bread S-4 20 Beef Broccoli Stir Fry Brown Rice LS Egg Roll Fruit or Sauce	S-4 2 bread 21 Herbed Fish Paprika Potatoes Parslied Carrots Pear Sauce	A - 2 Syrup 22 Scrambled Eggs Cinnamon French Toast Diced Potatoes Fruit or Sauce	
Mar - 5 2 Bread 25 Meatloaf & Gravy Onion Mashed Potatoes Veggie Blend Fruit Sauce	Dinner Roll A-2 26 Roast Turkey Dressing Veggie Blend Fruit Salad	O 1 Dinner Roll 27 Pork Loin Mac & Cheese LS Veggie Fruit Sauce	GF Sept Breadstick 28 Lasagna LS Veggie House Salad / dressing Fruit Sauce	29 Good Friday No Senior Meals or DL Transit	
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.		Menu subject to change upon availability Lunch served from 11:45 - 12 Monday - Friday		AGE 60 AND OVER: SUGGESTED CONTRIBUTION FOR CONGREGATE AND HOME DELIVERED MEALS IS \$4.00, CONTRIBUTE AS YOU ARE ABLE. Those under 60 or who do not complete a registration form must pay \$12.10.	