

| Senior Meals and Services  |  | Noon Meal Calendar   |  |  | Month of |
|--|--|--|--|--|----------|
| Devils Lake 662-5061 New Rockford/Sheyenne 947-5378  |  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
| 1  | Senior Meals & DL Transit Closed For New Years Holiday   | 2  | 3  | 4  | 5        |
|  | Hamburger on a bun<br>Baked Beans<br>Cubed Potatoes<br>Peach Sauce                                 | Hot Turkey Sandwich<br>Mashed Potatoes<br>California Blend<br>Cranberry Sauce                  | Oven Omelot<br>Glazed Carrots<br>Fruit or Sauce<br>Muffin                        | Swiss Steak / tomatoes<br>Mashed Potatoes<br>Corn<br>Fruit Sauce   |          |
| 8  | SD A-1<br>Meatloaf (2oz)<br>Potato<br>Diced Carrots<br>Fruit Sauce                                 | 9  | 10   | 11   | 12       |
|  | Roast Beef<br>Mashed Potatoes/gravy<br>Mixed Veggie<br>Fruit Sauce                                 | Cutie Oranges<br>Crispy Chicken<br>Baby Bakers<br>California Blend<br>Butterscotch pudding/tpy | Homemade Tomato Soup<br>Meat Sandwich<br>Juice<br>Jello w/fruit                  | Sloppy Joe / Bun<br>Tater Tots<br>Carrots<br>Pear Sauce  |          |
| 15   | SD A-3<br>Sweet & Sour Chicken<br>Veggie Rice<br>Broccoli<br>Apricot Sauce                         | 16   | 17   | 18   | 19       |
|  | Swedish Meatballs<br>Mashed Potatoes/Gravy<br>LS Veggie<br>Fruit or Sauce                          | Lemon Pepper Fish<br>Potato Rounds / Carrots<br>Chocolate Pudding/tpg<br>Fruit or Sauce        | Chicken & Dressing<br>Mashed Potatoes/Gravy<br>Carrots<br>Madarin Oranges        | Roast Pork<br>Mashed Potatoes/Gravy<br>Harvard Beets<br>Sunshine Salad   |          |
| 22   | SD D-4<br>Hamburger on a bun<br>Hash Browns<br>LS Veggie<br>Fruit Sauce                            | 23   | 24   | 25   | 26       |
|  | Chicken Fried Steak<br>Mashed Potatoes<br>White Gravy<br>Peas / Apricot Sauce                      | BBQ Chicken Legs<br>Potato<br>Broccoli<br>Apple Sauce  | Baked Steak & Gravy<br>Mashed Potatoes<br>Glazed Carrots<br>Jello w/fruit (3/4c) | Hamburger Hotdish<br>Parsley Carrots<br>Fruit or Sauce<br>Jello w/topping  |          |
| 29   | SD D-1<br>Tuna Noodle Casserole<br>LS Vegetable<br>Fruit or Sauce                                  | 30   | 31   |  |          |
|  | Pinochle Party<br>Baked Chicken Breast<br>Parsley Potatoes<br>Broccoli / Pudding<br>Fruit or Sauce | Shredded BBQ Beef<br>Baked Potato/Sr Crm<br>LS Vegetable<br>Fruit or Sauce                     | French Dip<br>Potato Salad<br>3 Tomato Slices<br>Fruit or Sauce                  | LS Ham<br>Baked Potato/Sr Crm<br>LS Veggie<br>Fruit or Sauce   |          |
| Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a 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 or who do not complete an assessment must pay the full rate of \$8.30. |          |