

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford Sheyenne 947-5378				Month of April 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Spaghetti w/meat sauce Peas / Garlic Toast Peach Sauce Pudding	2 Baked Chicken Hash Brown Potato Parsley Carrots Fruit Sauce	3 Hash Brown Egg Bake LS Vegetable Fruit Sauce Muffin	4 Fruit Cocktail California Burger / Bun Lettuce/tomato/onion French Fries Potato Salad	5 Crackers/NO Bread Chef Salad / Dressing Hard boiled egg, cheese, cherry tomato, 2 oz meat cucumber slice / banana	
8 Steak w/mushroom gravy Mashed Potatoes California Blend Fruit Cocktail	9 Crispy Chicken Mashed Potatoes/Gravy Squash Crunchy Cranberry Salad	10 Meatloaf Oven Brownd Potatoes Creamed Corn Jello w/Fruit	11 Shredded BBQ Beef Baked Potato/Lt Sr Crm Broccoli Pear Sauce	12 Baked Fish Yams Buttered Beets Mandarin Orange Sauce	
15 BBQ Pork Chop Parsley Potatoes Mixed Vegetables Fruit	16 Orange Juice Homemade Tomato Soup Ham Sandwich Dinner Salad/Dressing SF Jello	17 Hot Beef Sandwcih Mashed Potatoes/Gravy Mixed Vegetables Fruit	18 Wax Beans Saucy Meatballs Buttered Noodles Lettuce Salad / Dressing Apple Sauce	19 Good Friday Senior Meals & DL Transit Closed For Good Friday	
22 Ham & Scalloped Potato Broccoli Pineapple Sauce	23 Hamburger on a bun Hash Browns Baked Beans Pear Sauce	24 Cheeseburger Pie Sweet Potatoes Wax Beans Peach Sauce	25 Hungarian Goulash Parslied Carrots Noncreamy Coleslaw Perfection Salad	26 Tortilla Chips Taco Salad/taco meat cheese,tomatos,onions, black olives Fresh Fruit	
29 Chicken Fried Steak Mashed Potatoes/Gravy Peas Apricot Sauce	30 Peach Sauce Beef Tips & Gravy Mashed Potatoes Broccoli / Lettuce Leaf w/ Tomato Slices	Hot Pork Sandwich Mashed Potatoes/Gravy Peas Cranberry Crunch Salad	Citrus Chicken Herbed Potatoes Dices Green Beans Mandarin Orange Sauce	Sloppy Joes on a bun Tater Tots Corn Fruit sauce	
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. Lunch Served 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 60 or under or who do not fill out a registration form must pay \$8.30.		