

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford 947-5378				Month of December 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
26 1/2 Cup Rotini with Italain Chicken Breast Squash Mandarin Orange Sauce	27 Baked Fish Sweet Potatoes LS Veggie Fruit Crisp w/topping	28 Hungarian Goulash (1&1/2 cup) LS Veggie Fruit Salad	29 Knoephla Soup Tuna Sandwich Juice Peach Sauce	30 LS Baked Ham Sweet Potatoes Lima Beans Fruit Salad	
3 Salisbury Steak w//mushrooms Baked Potato Jullienne Green Beans Fruit or Sauce	4 Hot Pork Sandwich Mashed Potatoes/Gravy Mixed Vegetables Crunchy Cranberry Salad	5 Swedish Meatballs Mashed Potatoes/Gravy Peas Fruit Crisp w/tpy	6 Boneless BBQ Ribs Potato Wedges LS Veggie Fruit or Sauce	7 Chicken Noodle Soup Meat Sandwich Fruit Sauce	
10 Meatloaf (2oz) Sm Baked Potato Creamed Corn Fruit Crisp w/tpy	11 Polish Sausage Mashed Potates Sauerkraut / Fruit Sauce	12 Breaded Chicken Boiled potatoes / Stuffing Country Trio Cheesecake w/fruit tpg	13 Chili Crackers Fruit Salad	14 Baked Fish Small Baked Potato Green Beans Mandarin Orange Sauce	
17 Lasagna / Garlic Toast Peas Fruit Sauce	18 Pork Loin Mashed Potatoes/Gravy Lima Beans Fruit or Sauce	19 Grilled Chicken on a bun French Fries Parsley Carrots Pear Sauce	20 Chicken Fried Steak Mashed Potatoes/Gravy Green Beans Fruit or Sauce	21 BBQ on a bun Tater Tots Cooked Carrots Fruit or Sauce	
24 Senior Meals & DL Transit Closed For Christmas Holiday	25 Senior Meals & DL Transit Closed For Christmas Holiday	26 Veggie Beef Soup Meat Sandwich Fruit Sauce	27 Spaghetti & meat sauce (1&1/2 cup) Broccoli Fruit Sauce	28 Hamburger on a bun Baked Beans Mac& Pea Salad 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 a registration form must pay \$8.30 .		