

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				Month of February 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
28 LS Ham Baked Potato/Sr Crm LS Veggie Apple Sauce	29 Cranberry Glazed Chicken Parsley Potatoes Broccoli / Pudding Peach Sauce	30 Shredded BBQ Beef Baked Potato/Sr Crm LS Vegetable Pear Sauce	31 French Dip / Au jui Potato Salad Mandarin Orange Sauce	1 Chicken & Rice Hotdish Peas & Carrots Banana	
4 Hamburger on a Bun Tater Tots Baked Beans Cateloupe	5 Turkey Sandwich English Pea Salad LS V8 Juice Pear Sauce	6 Swiss Steak Parsley Potatoes Green Beans Mandarin Oranges	7 Hot Beef Sandwich Mashed Potatoes/Gravy California Blend Peach Sauce	8 Vegetable Soup Egg Salad Sandwich Apple Sauce	
11 Chicken Alfredo Italian Vegetables Baked Apples/tpg	12 Knoephla Soup Meat Sandwich Tropical Fruit Sauce Juice	13 Lemon Pepper Fish Sweet Potatoes Lima Beans Apple Sauce / Muffin	14 Valentine Cookie Chicken Fried Steak Mashed Potatoes/Gravy Peas Apricot Sauce	15 Fruit Salad Taco Salad w/taco meat cheese, green pepper, tomato, black olives, onions, lettuce Tostitoes Chips	
18 Senior Center & DL Transit Closed For President's Day	19 Meatballs/Brown Gravy Mashed Potatoes LS Vegetable Cutie Oranges	20 Lasagna Rotini Peas Lemon Perfection Salad Pear Sauce	21 Steak w/mushroom sauce Veggie Rice Steamed Cabbage Fruit Sauce	22 Breaded Baked Fish/Bun Company Potatoes Stewed Tomatoes Fruit Sauce	
25 Spaghetti & Meat Sauce Peas Garlic Toast Mandarin Orange Sauce	26 Polish Sausage Sauerkraut Mashed Potatoes Jello w/fruit/tpg	27 Rotini w/Italian Chicken Squash Crunchy Coleslaw Fruit Sauce	28 Roast Beef Boiled Potatoes/Gravy LS Veggie Fruit 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.		