

Senior Meals and Services	Noon Meal Calendar  Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				Month of <b>January 2021</b>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
28	29	30	31	1  Senior Meals & DL Transit Closed For New Year's Day	
4 California Burger on a bun (lettuce, tomato, onion) Baked Beans Fruit Cup	5 Chicken Dijin Mashed Potatoes LS Veggie Fruit Cup	6 Swiss Steak/Tomatoes Mashed Potatoes Steamed Broccoli Warm Fruit Compote	7 Turkey/Ham Melt Baked Beans Potato Salad Fruity Dessert	8 Hamburger / Rice Casserole Parsley Carrots Fruit Cup	
11 Meatloaf (2oz) Mashed Potatoes/Gravy Diced Carrots Peach Sauce	12 Chicken Noodle Veggie Soup / Meat Sandwich Country Time Mac Salad Pear sauce	13 Grilled Chicken on a bun Hash Browns LS Veggie Mixed Fruit Sauce	14 Baked Ham Rotini Casserole Peas Fruit Cup	15 Hamburger on a bun Tater Tots Carrots Pear Sauce	
18 Salsa / Chips Chicken Taco Salad (greens, cheese, tomatoes, olives, green peppers, taco meat	19 Meatballs / Gravy Mashed Potatoes Parmesan Peas Fruit Cup	20 Pizza Casserole Wax Beans Pear Fruit	21 Baked Steak & Gravy Mashed Potatoes Julliene Green Beans Apple Sauce	22 Hearty Macaroni / Cheese Casserole LS Veggie Fruit Sauce	
25 LS Ham Sweet Potatoes LS Veggie Apple Sauce	26 Chicken Pot Pie Casserole Broccoli / Pudding Pear Sauce	27 Shredded BBQ Beef Baked Potato LS Vegetable Apricot Sauce	28 Turkey/Ham Cordon Bleu Casserole LS Veggie Fruity Dessert	29 Chicken & Rice Hotdish Peas & Carrots Juice Juice Fruit 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 \$11.37.		