

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				Month of January 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
31 Senior Meals & DL Transit Closed For The New Year's Holiday	1 Senior Meals & DL Transit Closed For The New Year's Holiday	2 Oven Omelot Glazed Carrots Fruit Sauce Muffin	3 Grilled Chicken on a bun French Fries Parsley Carrots Pear Sauce	4 Fruit Salad Taco Salad w/taco meat, cheese, green pepper, tomato, black olives, onions, lettuce Tostitoes Chips	
7 Fruit Sauce California Burger on a bun (lettuce, tomato, onion) French Fries Baked Beans	8 Homemade Tomato Soup Tuna Sandwich Juice Jello w/fruit (3/4 cup)	9 Fruit Sauce Crispy Chicken Baby Bakers California Blend Butterscotch pudding/tpy	10 Cabbage Roll Hotdish Peas Jello Fruit Sauce	11 Beef Stroganoff/Noodles Mixed Veggies (3/4 cup) Apricot Sauce (3/4 cup) Jello	
14 BBQ Chicken Legs Boiled Potato Broccoli Apple Sauce	15 Swedish Meatballs Mashed Potatoes/Gravy LS Veggie Fruit Sauce	16 Lemon Pepper Fish Potato Rounds / Carrots Chocolate Pudding/tpg Peach Sauce	17 Chicken & Dressing Mashed Potatoes/Gravy Wax Beans Madarin Oranges	18 Roast Pork Mashed Potatoes/Gravy Buttered Beets Sunshine Salad	
21 Chicken Fried Steak Mashed Potatoes White Gravy Peas / Fruit Sauce	22 Meatloaf (2oz) Baby Bakers Diced Carrots Peach Sauce	23 Hamburger Hotdish Parsley Carrots Fruit Sauce Jello w/topping	24 Baked Steak & Gravy Mashed Potatoes Julliene Green Beans Jello w/fruit (3/4c)	25 Turkey Gravy over a Biscuit LS Veggie Fruit Sauce	
28 LS Ham Baked Potato/Sr Crm LS Veggie Apple Sauce	29 Cranberry Glazed Chicken Parsley Potatoes Broccoli / Pudding Fruit Sauce Sauce	30 Shredded BBQ Beef Baked Potato/Sr Crm LS Vegetable Pear Sauce	31 French Dip Potato Salad Mandain Orange Sauce	Chicken & Rice Hotdosh Peas & Carrots 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 \$8.30.		