

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford 947-5378				Month of June 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
27 Memorial Day Senior Center & DL Transit Closed	28 Tortilla Chips Taco Salad / Salsa Taco meat/cheese/onions black olives/tomatoes Fresh Fruit	29 Chicken Fried Steak Mashed Potatoes/Gravy Broccoli Fruit or Sauce	30 Breaded Baked Chicken Boiled potatoes / Stuffing Country Trio Cheesecake w/fruit tpg	31 Hot Pork Sandwich Mashed Potatoes/Gravy Mixed Vegetables Fruit	
3 Salisbury Steak wt/mushrooms Baked Potato Jullienne Green Beans Fruit or Sauce	4 Baked Fish Small Baked Potato Green Beans Mandarin Orange Sauce	5 Hamburger on a bun Baked Beans Mac& Pea Salad Fruit or Sauce	6 Crackers Seafood Supreme Salad (Seafood salad, greens, strawberries, walnuts, cucumbers, dressing)	7 Swedish Meatballs Mashed Potatoes/Gravy Peas Fruit	
10 Meatloaf (2oz) Sm Baked Potato Creamed Corn Fruit	11 Citrus Chicken Herbed Potatoes Green Beans Perfection Salad	12 LS Baked Ham Sweet Potatoes Lima Beans Fruit Salad	13 Fruit or Sauce Roast Beef Mashed Potatoes/Gravy Green Beans Cranberry Sauce (2T)	14 Chili (1&1/2cups) Biscuit Fruit Salad	
17 Chicken Fried Steak Mashed Potatoes/Gravy Lima Beans Fruit or Sauce	18 Hamburger on a bun French Fries Parsley Carrots Pear Sauce	19 Grilled Chicken on a bun French Fries Parsley Carrots Watermelon	20 Club Sandwich English Pea Salad Dinner Salad / Dressing Fruit or Sauce	21 Egg Salad Sandwich Dinner Salad/Neggies Juice Fruit or Sauce	
24 Baked Fish Sweet Potatoes LS Veggie Strawberries	25 Tater Tot Hotdish Green Beans Banana	26 BBQ on a bun Tater Tots Cooked Carrots Fruit or Sauce	27 Salisbury Steak Mashed Potatoes/Gravy Peas Fruit	28 Banana Chef Salad / Dressing Hardboiled egg, cheese, baby tomatoes, 2 oz meat, cucumbers slice	
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 .		