

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				Month of March 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
25 Spaghetti & Meat Sauce Peas Garlic Toast Mandarin Orange Sauce	26 Polish Sausage Sauerkraut Mashed Potatoes Jello w/fruit/tpy	27 Rotini w/Italian Chicken Squash Crunchy Coleslaw Fruit Sauce	28 Roast Beef Boiled Potatoes/Gravy LS Veggie Fruit Sauce	1 Tomato Soup Tuna Salad Sandwich Dinner Salad Jello w/strawberries	
4 Chicken Fried Steak Mashed Potatoes/Gravy California Blend Pear Sauce	5 Dinner Salad Turkey Gravy over a biscuit Lima Beans Mandarin Orange Sauce	6 Ash Wednesday Knoephla Soup Egg Salad Sandwich LS V-8 Juice Cantelope	7 3 oz Patty Melt French Fries Parslied Carrots Fruit Cocktail	8 Fish on a bun Potato Rounds Mixed Vegetables Jello w/fruit	
11 2 BBQ Chicken Legs Parsley Potatoes Broccoli Plum Sauce	12 Hot Beef Sandwich Mashed Potatoes/Gravy Lima Beans Peach Sauce	13 Crispy Chicken Company Potatoes California Blend Pear Sauce	14 Lasagna Peas Colslaw Mixed Fruit Sauce	15 Tuna Noodle Hotdish w/peas Carrots Banana	
18 Swiss Steak w/tomatoes Mashed Potatoes California Blend Fruit Cocktail	19 Liver & Onions Boiled Potatoes Mixed Vegetables Cutie Oranges	20 French Dip (Auju) Baked Potato/Sr Crm Green Beans Crunchy Cranberry Salad	21 Hot Pork Sandwich Mashed Potatoes/Gravy LS Veggie Tropical Fruit Sauce	22 LS V-8 Juice Polish Sausage Macaroni & Cheese Peas Fruit Crisp	
25 Salisbury Steak Mashed Potatoes/Gravy Green Beans Peach Sauce	26 Pork Loin Mashed Potatoes Wax Beans Mandarin Orange Sauce	27 Porcupine Meatballs Mashed Potatoes/Gravy Green Beans Apple Sauce	28 BBQ on a bun Tater Tots Corn Fruit Salad	29 Baked Fish Herbed Potatoes Mixed Veggies Pear Sauce / Muffin	
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. Lunch served from 11:45 - 12 Monday - Friday	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.		