

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford 947-5378				Month of May 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
29 Chicken Fried Steak Mashed Potatoes/Gravy Peas Apricot Sauce	30 Peach Sauce Beef Tips & Gravy Mashed Potatoes Broccoli / Lettuce Leaf w/ Baby Tomato	1 Hot Pork Sandwich Mashed Potatoes / Gravy Peas Cranberry Crunch Salad	2 Citrus Chicken Diced Herbed Potatoes Green Beans Mandarin Orange Sauce	3 Sloppy Joes on a bun Tater Tots Corn Fruit Sauce	
6 Club Sandwich Dinner Salad/Veggies Potato Salad Fruit or Sauce	7 Turkey / Dressing Mashed Potatoes/Gravy Mixed Veggies Fruit Crisp/w tpy	8 Muffin Oven Omelot Diced Brownd Potatoes Wax Beans Fruit or Sauce	9 LS Ham Veggie Rice Peas Fruit Sauce	10 Meatloaf / Baked Potato Wax Beans Jello w/fruit & tpg (3/4 cup)	
13 Crackers /no bread Chef Salad / Dressing Hard boiled egg, cheese, baby tomatoes, 2 oz meat, cucmber slice, banana	14 Peach Sauce Honey Mustard Chicken Veggie Rice Country Trio Dinner Salad/Veggies	15 Hot Beef Sandwich Mashed Potatoes/Gravy Mixed Veggies Fruit or Sauce	16 Boneless BBQ Ribs Potato Wedges 7 Layer Salad Fruit or Sauce	17 Grilled Chicken on a bun Toppings French Fries Pear Sauce	
20 Swiss Steak Mashed Potatoes/Gravy Green Beans Fruit Cocktail	21 Bean & Ham Soup Egg Salad Sandwich Fruit Sauce	22 Berry Burst Chicken Salad Strawberries/blueberries Fet Cheese / Almonds Rasberry Vinaigrette	23 Hamburger on a bun Baked Beans Mac & Pea Salad Fruit or Sauce	24 Chicken Salad Wrap Dinner Salad/Veggies Salad Dressing Orange	
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 Boilied Potatoes/Stuffing Country Trio Cheesecake w/fruit tpg	31 Hot Pork Sandwich Mashed Potatoes/Gravy Mixed Vegetables Fruit	
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 or who do not complete a registraion form must pay \$8.30.		