

Senior Meals and Services	Noon Meal Calendar				Month of December 2024
	Devils Lake 662-5061 New Rockford 947-5378				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
GF Dec 1 2-Bread 2 Chicken /Gravy 3oz Mashed Potatoes 1/2c Green Beans 1/2c Small Apple	GF Dec 2 Crackers 3 Hot Dog on a bun Minestrone Soup 8oz Peach Sauce 1/2c Bitsy Brownie	GF Dec 1 1-Bread 4 Chicken Alfredo 8oz Noodles 1/2 c Buttered Beets 1/2c Broccoli 1/2c Tropical Fruit Sauce 1/2cp	Spcl Menu Roll 5 Open Faced Turkey Sandwich / Mashed Potatoes / Peas & Carrots Snicker & Apple Salad	DS F/W 2 6 Fish Fillet on a bun Coleslaw / Tarter Sauce LS Veggie 1/2 cup Apple Crisp 1/2 cup	
GF Dec 2 0-Bread 9 Chicken Enchiladas Green Peas 1/2 cup Pear Sauce 1/2 cup	DS Dec 2 Biscuit 10 Beef & Cabbage Bake Winter Blend Veggies Apricot Sauce 1/2cup	GF Dec 2 2-Bread 11 BBQ Chicken 3oz Sm baked Potato / Sr Crm Broccoli 1/2c Mandarin Orange 1/2c	DS Dec 2 12 Cheesy Zita Bake 8 oz Veggie Blend 1/2 cup Small Apple Breadstick	DS Dec 2 2-Bread 13 Honey Chicken 3oz Glazed Sweet Potatoes LS Veggie 1/2 cup Pear Dessert 1/2 cup	
GF-Dec 2 2-Bread 16 Salisbury Steak w/Gravy3oz Mashed Potatoes 1/2c Parlises Carrots 1/2c Fruit Cocktail 1/2c	DS 3 Biscuit 17 Chicken & Dumplings 8oz Herbed Green Beans 1/2c House Salad/Dressing Yogurt w/fruit 1cup	GF Dec 3 Dinner Ro 18 Swedish Meatballs 3oz Mashed Potatoes 1/2cup Glazed Baby Carrots 1/2c Tossed Salad/Dressing Lemon Meringu Pie	DS Dec 2 19 Minestrone Soup 6oz Tuna Salad Sandwich Salad / Dressing Fruit Sauce 4oz	GF Dec 3 2-Bread 20 Meatballs 3oz Mashed Potatoes/Gravy LS Veggie 1/2 c Fruit or Sauce	
DS Dec 3 Bun 23 Hamburger Steak 3oz Lettuce Tomato Onion Sweet Potato Fries 1/2 c Fruit or Sauce 1/2 c	HOLIDAY 24 Christmas Eve Senior Meals & DL Transit Closed	HOLIDAY 25 Christmas Day Senior Meals & DL Transit Closed	GF Dec 3 2- Bread 26 Chicken Fried Steak 3oz Mashed Potatoes 1/2c /Gravy 2oz LS Veggie 1/2c Small Orange	GF Dec 3 1-Bread 27 Meatloaf 3oz Gravy 2oz Mashed Potatoes 1/2c Mixed Veggies 1/2c Madarin Orange Sc 1/2c	
GF Dec 5 1-Bread 30 Tuna Noodle Hotdish 8oz Mixed Vegges 1/2c Fruit Sauce 1/2c	HOLIDAY 31 New Year;s Eve Senior Meals & DL Transit Closed	HOLIDAY New Year's Day Senior Meals & DL Transit Closed	DS Dec 4 2-Bread Chili w/beans 8oz Baked Potato Sour Cream Apple Sauce 1/2 c	GF Dec 2 2-Bread Roast Pork 3oz Gravy2oz Au Gratin Potatoes LS Veggies 1/2c Peach Crisp 1/2c tpg	
Older Ameicans 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 \$5.00, CONTRIBUTE AS YOU ARE ABLE. Those under 60 or who do not complete a registration form must pay \$14.79. seniormealsandservices.com		