

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford Sheyenne 947-5378				Month of October 2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
GF Sept 5 2 Bread 30 Sausage w/ Kraut Baked Potato LS Veggie Fruit Sauce	GF Sept 5 2-Bread 1 BBQ Chicken Baked Potato Sr Cream Broccoli Mandarin Oranges	GF Sept 23 - 1 2 Hot Dog / bun Baked Beans Potato Salad Sauce or Fruit	F/W 4 1-Bread 3 Beef Stroganoff Parslied Noodles LS Veggie / Mixed Fruit House Salad / Dressing	GF Sept 3 2-Bread 4 Chili Sm Baked Potato Sr Crm Glazed Carrots Fruit Crisp/topping	
GF Oct 1 0 Bread 7 Chicken Enchilada Peas Pear Sauce	GF Oct 1 2 Bread 8 Porcupine Meatballs Mashed Potatoes/Gravy Parslied Carrots Fruit Cocktail	GF Oct 1 2-Bread 9 Roast Pork w/gravy AuGratin Potatoes LS Veggie Peach Crisp w/topping	GF Oct 2 1-Bread 10 Meatloaf Mashed Potatoes / Gravy Orange Glazed Carrots Fruit Sauce	GF Oct 5 1-Bread 11 Hungarian Goulash Green Beans Tossed Salad/dressing Peach Sauce	
GF Oct 2 14 BBQ Pork on a bun LS Veggie Pear Sauce Sm Rice Krispy Bar	GF Oct 3 Bun 15 Sweet & Sour Chicken Veggie Soup/Cracker Pear Crisp/topping	DS Oct 23-2 2-Brd 16 Salisbury Steak Mashed Potatoes/Gravy Veggie Blend Fruit sauce	DS Oct 23-2 1-Brd 17 Baked Chicken Thigh Cheesy Rice Casserole Parslied Carrots Peach Sauce	GF Oct 4 1-Bread 18 Tater Tot Casserole Mixed Veggies Fruit Sauce	
GF Oct 3 1-Bread 21 Chicken Noodle Casserole Peas Wax Beans Apple Sauce	GF Oct 5 1-Bread 22 Knoephla Soup Keilbasa & Kraut Peas Fruit Cobbler	GF Oct 4 1-Bread 23 Roast Beef Mashed Potatoes Carrots Apple Sauce	GF Oct 2 1-Bread 24 Meatloaf Patty over rice Coleslaw Mixed Veggie Tropical Fruit	GFOct 4 25 Tuna Melt Sandwich Lettuce/Tomato SLice Minestrone Soup Fruit Sauce	
GF Sept 5 2-Bread 28 Chicken Fried Steak Mashed Potatoes/Gravy LS Veggie Small Orange	GF Sept 5 2-Bread 29 Sweet & Sour Meatballs Mashed Potatoes LS Veggie Fruit Sauce	GF Sept 5 2-Bread 30 Liver & Onions Potato Mixed Vegetables Applesauce	GF Sept 5 1-Bread 31 Bat Wings Warts of Toad Stewed Witches' Nails BooBeryy Crisp	Actual Menu Honeyed Chicken Boiled Potatoes Creamed Corn BlueBerry Crisp/topping	
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.		Lunch Served 11:45 - 12 Monday - Friday Menus subject to change upon availability	AGE 60 AND OVER: SUGGESTED CONTRIBUTION FOR CONGREGATE AND HOME DELIVERED MEALS IS \$5.00, CONTRIBUTE AS YOU ARE ABLE. Those 60 or under or who do not fill out a registration form must pay \$14.79. <a href="http://www.seniormealsandservices.com">www.seniormealsandservices.com</a>		