

| Senior Meals and Services   | Noon Meal Calendar  |  |   |   | Month of September 2024 |
|---|---|--|---|---|-------------------------|
|   | Devils Lake 662-5061 New Rockford/Sheyenne 947-5378   |  |   |   |                         |
| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |                         |
| 2<br>Senior Meals & DL Transit Closed for the Holiday   | GF Sept - 1 2-Br<br>Baked Chicken<br>Mashed Potatoes/Gravy<br>Veggie Blend<br>Mandarin Oranges    | 3<br>Ja-4 Tortilla<br>Fish Tacos (2)<br>Lettuce Garnish / Salsa<br>Spanish Rice / Corn<br>Fruit Sauce      | 4<br>GF Sept - 1 2- Br<br>Swiss Steak<br>Baked Potato<br>Green Beans<br>Fruit Crisp/topping           | 5<br>GF Sept - 1 1-Br<br>Baked Lemon Cod<br>Over Noodles<br>Yams / Coleslaw<br>Fruit  | 6                       |
| 9<br>GF Sept 2 2-Bread<br>Cranberry Chicken<br>Sweet Potato<br>Mixed Veggies<br>Fruit   | GF Sept 2 2 Bread<br>BBQ Ribs<br>Sweet Potato<br>Veggie Blend<br>Fruit                            | 10<br>GF Sept 1 2-Bread<br>Swiss Steak<br>Baked Potato<br>Green Beans<br>Fruit Crisp / topping             | 11<br>GF Aug 3 1- Bread<br>Swedish Meatballs<br>Mashed Potatoes/Gravy<br>Veggie Blend<br>Fruit        | 12<br>GF Sept 2 2 Bread<br>Roast Pork<br>Mashed Potatoes/Gravy<br>Veggie Blend<br>Pumpkin Dessert   | 13                      |
| 16<br>F/W 3<br>Sloppy Joe on a bun<br>Tater tots<br>Peas & Carrots<br>Pear Sauce  | GF Sept 1 2-Bread<br>Chicken Kiev<br>Baked Potato<br>Green Beans<br>Fruit Crisp/topping           | 17<br>DS Sept 5 0 Bread<br>BBQ Chicken Flatbread<br>Broccoli<br>House Salad/Dressing<br>Cheesecake w/fruit | 18<br>F/W 1 2-Bread<br>Beef Stew<br>Green Beans<br>Fruit Sauce  | 19<br>DS Sept 3 1-Bread<br>Stuffed Pork Chop<br>Wild Rice<br>LS Veggie<br>Fruit Sauce   | 20                      |
| 23<br>GF Sept 23 1<br>BBQ Pork on a bun<br>Baked Beans<br>Potato Sauce<br>Fruit or Sauce  | F/W 2 Bun/Tar Sauc<br>Fill Fillet Sandwich<br>Au Gratin Potatoes<br>Lettuce/Tomato<br>Apple Sauce | 24<br>GF Sept 4 2-Bread<br>Cabbage Roll<br>Baked Potato<br>Green Bean Almondine<br>Fruit Sauce             | 25<br>GF Sept 4 1-Bread<br>Italian Pasta Bake<br>LS Veggie<br>Salad / Dressing<br>Fruit Sauce         | 26<br>GF Sept 4 1-Bread<br>Taco Salad<br>Fruit Crisp / topping  | 27                      |
| 30<br>GF Sept 5 2-Bread<br>Sausage w/Kraut<br>Baked Potato<br>LS Veggie<br>Fruit Sauce  | GF Sept 5 2-Bread<br>BBQ Chicken<br>Baked Potato Sr Cream<br>Broccoli<br>Madarin Oranges          | GF Sept 23 1<br>Hot Dog / Bun<br>Baked Beans<br>Potato Salad<br>Fruit or Sauce                             | F/W 4 1 Bread<br>Beef Stroganoff<br>Parslied Noodles<br>LS Veggie / Fruit Mix<br>House Salad/Dressing | GF Sept 3 2-Bread<br>Chili<br>Sm Baked Potato Sr Crm<br>Glazed Carrots<br>Fruit 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. |   | Menu subject to change upon availability 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 \$14.79. <a href="http://www.seniormealsandservices.com">www.seniormealsandservices.com</a> |                         |