

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				Month of February 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
30 Swiss Steak / Tomatoes Mashed Potatoes Steamd Broccoli Fruit Sauce	31 Beef Tips / Gravy Over Buttered Noodles Peas & Carrots Fruity Dessert	1 Shredded BBQ Beef Baked Potato LS Vegetable Fruit Dessert	2 Pizza Casserole Ls Veggie Fruit Sauce	3 Chili Corn Bread Lettuce Salad / Dressing Pudding	
6 Spaghetti w/meat sauce Peas Mandarin Orange Sauce Garlic Toast	7 Porcupine Meatballs Mashed Potatoes/Gravy LS Vegetable Fruit Sauce	8 Homemade Tomato Soup Tuna Salad Sandwich Jello Fruit Sauce	9 Tarter Sauce Breaded Baked Fish/Bun Company Potatoes Stewed Tomatoes Fruit Sauce	10 Turkey/Ham Melt Baked Beans Pea & Carrots Fruit Sauce	
13 Chicken Fried Steak Mashed Potatoes Creamed Peas Fruit Sauce	14 12:15 Bingo Riblet on a bun Vegetable Soup Pudding Fruit Sauce	15 Roast Beef Mashed Potatoes/Gravy LS Veggie Fruit Sauce	16 Baked Cod Yams Ls Veggie Fruit Sauce	17 Meatloaf Potato Parsley Carrots Fruit Sauce	
20 President's Day Senior Meals & DL Transit Closed	21 Teriyaki Pork Mashed Potatoes/Gravy California Blend Fruity Dessert	22 Ash Wednesday Baked Fish Potato Peas Mandarin Orange Sauce	23 BBQ on a bun Baked Beans Corn Fruit Sauce	24 Lent Minestrone Soup (Veggie, Bean, Potato, No Meat) Sandwich Fruity Apple Sauce	
27 Brauts / Sauerkraut Potato LS Veggie Fruit Sauce	28 Chicken Lasagna Peas Coleslaw Apple Sauce	Turkey Tidbits w/gravy Mashed Potatoes Mixed Veggies Cake w/berry topping	Hot Pork Sandwich Mashed Potatoes / Gravy LS Veggie Fruity Dessert	Lent Vegetable Soup Egg Salad Sandwich Apple Sauce	
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 must pay \$12.40.		