

Senior Meals and Services	Noon Meal Calendar				Month of January 2025
	Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
GF Dec 5 1-Bread 30 Tuna Noodle Hotdish 8oz Mixed Veggies 1/2 cup Fruit Sauce 1/2 cup	HOLIDAY 31 New Year's Eve Senior Meals & DL Transit Closed	HOLIDAY 1 New Year's Day Senior Meals & DL Transit Closed	DS Dec 4 2-Bread 2 Chili w/beans 8oz Sm Baked Potato Sour Cream Apple Sauce 1/2 cup	GF Dec 2 2-Bread 3 Roast Pork 3oz Garvy 2oz AuGratin Potatoes 1/2 cp LS Veggie 1/2 cup Peach Crisp 1/2 cp tpg	
GF Jan-1 2-Bread 6 Chicken Fried Steak Mashed Potatoes/Gravy Glazed Baby Carrots Small Orange/Cookie	GF Jan- 2 0-Bread 7 Sweet & Sour Chicken Over Rice / LS Veggie Corn 1/2 cup Mandarin Orange Sauce	GFJan- 2 2-Bread 8 Baked Fish 3oz Squash 1/2 cup Mixed Veggies 1/2 cup Tropical Fruit 1/2 cup	GF Jan 1 2-Bread 9 Roast Pork 3oz Mashed Potatoes/Gravy LS Veggie 1/2 cup Fruit Cocktail 1/2 cup	GF Jan-2 2-Bread 10 AppleSauce Ribs 3oz Sm Baked Potato Green Beans 1/2 cup Cranberries 2oz Pumpkin Pie w/topping	
F/W 5/D 2 2 Bre 13 Grilled Chicken Herbed Green Beans Potato Salad Pear Sauce	DS Jan-1Breasstick 14 Seafood Pasta Primavera Peas House Salad/Dressing AppleSauce	F/W 7D 3 2 Bread 15 Roast Beef Mashed Potatoes / Gravy LS Vegetable Fruit Sauce	DS Jan-1 16 Hamburger on a bun Sweet Potatoe Fries Tomato onion Lettuce Veggie Blend/Pear Sauce	F/W 7-D 3 17 Sloppy Joe / Bun Tater Tots Peas & Carrots Fruit Sauce	
DS Jan-2 Dnr Roll 20 Beef Stir Fry Brown Rice Pilaf Oriental Veggies Fruit Sauce	DS Jan-2 0-Bread 21 Chicken Tortilla Soup 6oz Mini Beef Taco Salad Tortilla Chips Fruit Sauce 1/2 cup	F/W Winter Menu 2 22 BBQ Chicken Leg O'Brien Potatoes Green Beans Fruit Sauce / 2 Bread	DSJan 3 Breadstick 23 Spaghetti w/meat sauce Green Beans Fruit or Sauce	GF Jan-5 1-Bread 24 Lasagna Green Beans 1/2 cup Salad / Dressing Peach Sauce 1/2 cup	
GF Jan-3 0 Bread 27 8 oz Tomato Soup Tuna Melt 3 Carrot Sticks Fruit Sauce	GF Jan-5 1-Bread 28 Chicken Kiev over Rice Boiled Potatoes Peas Mandarin Orange Sauce	GF Jan-5 2-Bread 29 Ham Baked Potato LS Veggie tropical Fruit Sauce	Scotcharoo 2x2 30 French Onion Chicken Baked Potato Vegetable Blend Fruit or Sauce	GF Jan-5 1 Bread 31 Roast Turkey Mashed Potatoes/Gravy Stuffing Yams / Pear Sauce	
Older Americans 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. Menu subject to change depending on availability	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 an assessment must pay the full rate of \$14.79 www.seniormealsandservices.com		