

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				Month of January 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Senior Meals & DL Transit Closed for New Years Holiday	3 Cabbage Roll Hotdish LS Veggie Fruit Sauce	4 Swedish Meatballs Masehd Potatoes S Veggie Fruit Sauce	5 Homemade Tomato Soup Grilled Cheese Sandwich Fruit or Sauce	6 Chicken Pot Pie Hotdish Broccoli Pudding Pear Sauce	
9 Meatloaf Mashed Potatoes /Gravy Cooked Baby Carrots Peach Sauce	10 Chicken Noodle Veggie Soup Meat Sandwich Pear Sauce	11 Shredded BBQ Chicken on a bun / Hash Browns LS Veggie Mixed Fruit Cup	12 Baked Ham Rotini Peas Blueberry Yogurt Fruit Sauce	13 BBQ Riblet on a bun Tater Tots LS Veggie Fruit Sauce	
16 Omelet Sausage Links Hashbrown Patty Fruit Sauce	17 Hamburger on a bun Tater Tots Potatoe Salad Fresh Fruit or Sauce	18 Knoephla Soup Chicken Salad on a croissant Fruit Sauce	19 Baked Fish Potatoe LS Veggie Fruit or Sauce	20 Chicken Strips Sweet Potatoes LS Veggie Fruit Sauce	
23 Baked Steak & Gravy Mashed Potatoes Julliene Green Beans Apple Sauce	24 Tuna Melt Mixed Veggies Fruit Crisp/topping	25 BBQ Chicken on a bun Hash Browns LS Veggie Mixed Fruit Sauce	26 LS Ham Sweet Potatoes LS Veggie Apple Sauce	27 Sweet & Sour Meatballs Potato Peas Special K bars	
30 Swiss Steak/Tomatoes Mashed Potatoes Steamed Broccoli Fruit Sauce	31 Beef Tips/Gravy Over Buttered Noodles Peas & Carrots Fruity dessert	Shredded BBQ Beef Baked Potato LS Vegetable Fruit Dessert	Pizza Casserole LS Veggie Fruit Sauce	Chili CornBread Lettuce Salad Pudding	
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.	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 an assessment must pay the full rate of \$12.40.		