

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				Month of July 2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Jul 1 - Bun 1 Hamburger on a bun Lettuce/tomato/onion Baked Beans Watermelon	O - 5 2 - Bread 2 Lemon Pepper Fish Au Gratin Potatoes LS Veggie Peach Sauce	Jul 1 Corn Muffin 3 BBQ Pork Ribs Cheesy Hashbrowns Corn Angel Food Cake/Berries	4 NO SENIOR MEALS 4th of July Holiday	5 NO SENIOR MEALS 4th of July Holiday	
Jul - 2 No Bread 8 California Turkey Wrap Tortilla Chips Potato Salad Fruit or Sauce	F/W 5/D-1 2 Bread 9 BBQ Chicken Baked Potato Broccoli Mandarin Orange Sauce	D - 2 2 Bread 10 Roast Pork Garlic Mashed Potatoes Carrots Fruity Dessert	Jul 2 Cornbread 11 Chili w/beans House Salad / Dressing Crackers Fruit 1/2 cup	Jul 2 - 1 Bread 12 Tater Tot Casserole Corn Fresh Fruit	
F/W 5/D 2 2 Bre 15 Grilled Chicken Herbed Green Beans Potato Salad Pear Sauce	F/W 5/D 2 16 Fish Fillet Sndw on Bun Lettuce, Tomato, Onion Au Gratin Potatoes Apple Sauce / Tar Sau	F/W 7D 3 2 Bread 17 Roast Beef Mashed Potatoes / Gravy LS Vegetable Fruit Sauce	F/W L1 5D 2 Bread 18 LS Ham Mashed Sweet Potatoes LS Veggie Sauce or Fruit	F/W 7-D 3 19 Sloppy Joe / Bun Tater Tots Peas & Carrots Fruit Sauce	
Jul - 4 Bun 22 Hot Dog on a Bun Tater Tots Corn Fresh Fruit	Jul 4 Breadstick 23 Macaroni & Veggie Casserole (1 cup) Broccoli Cottage Cheese w/pears	F/W Winter Menu 2 24 BBQ Chicken Leg O'Brien Potatoes Green Beans Fruit Sauce / 2 Bread	Jul - 4 Roll 25 Chicken Salad Sandwich Lettuce/tomato/onion Veggie Salad Fresh Fruit	Jul -4 Roll 26 Meatloaf Mashed Potatoes/Gravy Dilled Carrots Pears	
GF June 2-Bread 29 Chicken Fried Steak Mashed Potato/Gravy Broccoli Normandy Fruit or Sauce	Jul-5 Dinner Roll 30 Chicken Dijon Corn Squash Fruit	Jul - 5 Cornbread 31 Chicken Scallopini Roasted Red Potatoes Maple Dijon Brussels Sprouts / Tropical Fruit	Scotcheroo 2x2 32 French Onion Chicken Baked Potato Vegetable Blend Fruit or Sauce	O - 5 Cornbread 33 Hungarian Goulash Green Beans Tossed Salad /Dressing Fruit 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 \$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. www.seniormealsandservices.com		