

Senior Meals and Services	Noon Meal Calendar				Month of March 2025
	Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
GFFeb-3 Breadstick 24 Spaghetti w/meatballs Peas Wax Beans Apple Sauce	GF Feb-5 2-Bread 25 Diced Turkey in Gravy Over Rice LS Veggies Fruit Sauce	DS Feb-1 2- Bread 26 Ranchers Chicken Whipped Sweet Potatoes LS Veggie Fruit Salad	GF Feb-4 27 Shredded BBQ Pork / Bun Sweet Potato Waffle Fries LS Veggie Fruit Dessert	GF Feb - 4 2-Br 28 Porcupine Meatballs Mashed Potatoes/Gravy Glazed Baby Carrots Fruit Cocktail	
GF Mch 1 2-Bread 3 Swiss Steak / Garvy Mashed Potatoes Carrots Small Orange	GF Mch 1 4 Sloppy Joe on a bun Tomato Soup Veggie Sticks Fruit Sauce	GF Mch - 1 1- Br 5 Cheese Ravioli w/Sauce Peas House Salad Tropical Fruit	GF Mch 1 2- Bread 6 Roast Beef Mashed Potatoes/Gravy Sweet Potatoes Peach Crisp/Topping	GF Mch 2 04 2 Brd 7 Chicken Fried Steak Mashed Potatoes/Gravy Glazed Baby Carrots Small Orange	
DS Mch 1 10 Hamburger on a bun Lettuce, Tomato, Pickle Potato Wedges Apple Sauce	GF Mch 2 1-Bread 11 BBQ Chicken Sm Baked Potato Green Beans Apple Crisp/Topping	DS Sept 5 0 Bread 12 BBQ Chicken Flatbread Broccoli House Salad/Dressing Cheesecake w/fruit	DS Mch 2 Cornbread 13 Stuffed Pork Chop Buttered Red Potatoes Broccoli w/cheese sauce Fruit Sauce	GF Mch 2 14 Taco Salad: meat, cheese, lettuce, tomato, olives Tortilla Chips / Salsa Peach Sauce	
GF Mch-3 2-Bread 17 Irish Beef Stew Green Peas Luck O'Green Pears	GF Mch-3 2-Bread 18 BBQ Ribs Sweet Potato LS Veggie Peach Sauce	GF Mch 3 1-Brd 19 Chicken Noodle Casserole Peas Wax Beans Apple Sauce	GF Mch 3 1-Brd 20 Chili SM Baked Potato Pear Sauce	F/W 1 1-Bread 21 Salisbury Steak Mashed Potatoes/Gravy Parslied Carrots Fruit Sauce	
GF Mch 5 2-Brd 24 Ham Scalloped Potatoes Peas Mixed Fruit	GF Mch-4 2-Brd 25 Roast Pork Mashed Potatoes / Gravy Corn Mixed Fruit	GF Mch-4 2-Brd 26 Meatballs Mashed Potatoes/Gravy Green Beans / Pear Sauce Bitzy Brownie	F/W 3 0-Bread 27 Tuna Salad Sandwich Carrot Raisin Salad Potato Salad Mandarin Orange	GF Mch-4 1-Brd 28 Lasagna Green Beans Carrots Mandarin Orange 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.		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 \$5.00, 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>	