

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				Month of March 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
27 Brauts Sauerkraut / Potato LS Veggie Fruit Cup	28 Chicken Lasagna Peas Coleslaw Apple Sauce	1 Turkey Tidbits w/gravy Mashed Potatoes Mixed Veggie Cake w/beryy topping	2 Hot Pork Sandwich Mashed Potatoes / Gravy LS Veggie Fruity Dessert	3 L Vegetable Soup Egg Salad Sandwich Apple Sauce	
6 Hamburger on a bun Potato LS Veggie fruit Sauce	7 Rachel Sandwich (turkey, sauerkraut, dressing) Peas Fruit Cobbler / topping	8 BBQ Boneless Ribs Mac & Cheese LS Veggie Mixed Fruit Sauce	9 Roast Beef Potato / Gravy LS Veggie Mixed Fruit Sauce	10 L Knoephla Soup Meat Sandwich Carrots Sticks Fruit Sauce	
13 Change Clocks Baked Steak & Gravy Mashed Potatoes Julienne Green Beans Peach Sauce	14 Hungarian Goulash LS Veggie Pear Sauce	15 Philly Cheese-Steak Sandwich on a bun LS Veggie Fruit Compote	16 2 BBQ Chicken Legs Parsley Potatoes LS Veggie Apple Sauce	17 L Tuna Noodle Hotdish LS Veggie Fruit Cobbler	
20 Swiss Steak w/tomatoes Mashed Potatoes California Blend Fruit Cocktail	21 Chicken & Wild Rice Casserole LS Veggie / Juice Mandarin Orange Sauce	22 Crispy Baked Chicken Mashed Potatoes/gravy Yams / 2 tsp cranberry Fruit or Sauce	23 Riblet on a bun Potato Wedges LS Veggie Fruit or Sauce	24 L Barley/Veggie Soup Turkey Sandwich Fruit Sauce	
27 Salisbury Steak Mashed Potatoes/Gravy Green Beans Peach Sauce	28 Chili Corn Bread Coleslaw Carrot Cake	29 BBQ on a bun Tater Tots Corn Fruit Salad	30 Chicken Dijon Garlic Potatoes LS Veggies Crunchy Cranberry Salad	31 L Breaded Baked Fish / bun Potato Wedges Baked Beans Fruit or 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. Lunch served from 11:45 - 12 Monday - Friday	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 a registration form must pay \$12.40.		