

Senior Meals and Services	Noon Meal Calendar				Month of November 2023
	Devils Lake 662-5061 New Rockford 947-5378				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
O - 5 2 - Bread 30 Lemon Pepper Fish Au Gratin Potatoes LS Veggie Peach Sauce	O - 5 Spoonbread 31 Hungarian Goulash Green Bean Almondine House Salad / Dressing Mandarin Orange Sauce	O - 5 Hot Dog Bun 1 Knoephla Soup 1 cup Keilbasa & Kraut 3/4 cup Seasoned Green Peas Apple Fruit Cobbler	O- 5 1 - Bread 2 Seafood Fettucini Alfredo Seasoned Broccoli Garden Salad / Dressing Fruit Cup	S - 4 2 Bread 3 Pork Medallions Glazed Sweet Potatoes Green Beans Fruit or Sauce	
N - 1 Dinner Roll 6 Cheeseburger Pie Seasoned Green Peas Lettuce w/dressing Peach Sauce	N - 1 Dinner Roll 7 Swiss Steak Seasoned Egg Noodles Veggie Blend Fruit Compote	N - 1 Dinner Roll 8 Turkey Almondine Mashed Potatoes Herbed Green Beans Pear Sauce	F/W -2 - 7 Bun 9 Hamburger on a bun Sweet Potato Fries Corn / Fruit Sauce Lettuce/Tomato,Onion	Closed For Veterans Day Holiday 10	
N - 2 Biscuit 13 Chili (3/4 cup) Baked Potato (whole) Sour Cream Yogurt	F/W - 2 - 7 Bun 14 Fish Fillet Sandwich on a bun / tarter Sauce LS Veggie Apple Crisp	F/W -2 - 7 15 Penne Pasta w/meat sauce / LS Veggie House Salad/ Dressing Fruit Sauce	N - 2 Dinner Roll 16 Beef Potato Hash Green Beans Fruit Salad	N - 2 17 Tuna Melt Sandwich Veggie Blend Spring Salad / Dressing Fruit Sauce	
N - 3 1 - Bread 20 Chicken Divan Casserole Brown Rice LS Veggie Mandarin Orange Sauce	N - 3 Dinner Roll 21 Beef Stew 1 cup Mandarin Salad Pear Sauce	N - 3 Crackers 22 Turkey Noodle Soup Cranberry Chicken Pecan Salad / Texas Toast Peach Cobbler	23 Thanksgiving Holiday No Senior Meals	24 Thanksgiving Holiday No Senior Meals	
N - 4 1 - Bread 27 Manhattan Meatballs Broccoli House Salad / Dressing Fruit Sauce	N - 5 Dinner Roll 28 Tuna Noodle Hotdish Squash Fruit Salad	N - 5 Garlic Toast 29 Supreme Pizza Hotdish Veggie Blend 3x3 House Salad / Dressing Pineapple Sauce	N - 5 Wheat Roll 30 Chicken Chow Mein Brown Rice Veggie Blend Pear Sauce	N - 4 Hogie Bun Cheese Soup/Crackers Loaded Turkey Sandwich Fruit 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.			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 registraion form must pay \$12.10.		