

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford Sheyenne 947-5378				Month of October 2025
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
GF Sept 1 - 23 29 BBQ Pulled Pork / Bun Sweet Potato LS Veggie Fruit or Sauce	DS S/S4 24 2-Bread 30 Chicken Drummies Mashed Potato/Gravy LS Veggie Fruit or Sauce	DS S/S2-24 2 Bread 1 Tangy Meatloaf Potato LS Veggie (Blend) Fruit or Sauce	DS Sept 3 1-Bread 2 Stuffed Pork Chop Wild Rice Pilaf LS Veggie Fruit Sauce	DS Sept 5 0 Bread 3 BBQ Chicken Flatbread House Salad / Dressing LS Veggie CheeseCake / Fruit	
GF Oct 1 2-Bread 6 Beef Stew LS Veggie Fruit Sauce	GF Oct 1 2 Bread 7 Porcupine Meatballs Mashed Potatoes/Gravy Parslied Carrots Fruit Cocktail	GF Oct 1 2-Bread 8 Roast Pork w/gravy AuGratin Potatoes LS Veggie Peach Crisp w/topping	GF Oct 2 2-Bread 9 Meatloaf Baked Potato Glazed Carrots Mandarin Orange	DS Oct 1 Bun 10 Roast Beef on a Bun Oven Browned Potatoes LS Veggie Fruit or Sauce	
GF Oct 3 Bun 13 Sweet & Sour Chicken LS Veggie Veggie Soup / Cracker Pear Crisp / Topping	GF Oct 2 2-Bread 14 Pork Chop in Sauerkraut Baked Potato LS Veggie Madarin Orange	DS Oct 23-2 2-Brd 15 Salisbury Steak Mashed Potatoes/Gravy LS Veggie Fruit Sauce	DS Oct 23-2 1-Brd 16 Baked Chicken Thigh Cheesy Rice Casserole Parslied Carrots / Salad Dressing / Peach Sauce	GF Oct 4 1-Bread 17 Tater Tot Casserole LS Veggie Fruit or Sauce	
GF Oct 3 1-Bread 20 Chicken Noodle Casserole LS Veggie x2 Apple Sauce	GF Oct 5 Roll 21 Cheesburger Pie LS Veggie House Salad / Dressing Fruit or Sauce	GF Oct 4 1-Bread 22 Turkey / Dressing Mashed Potatoes LS Veggie Fruit or Sauce	GF Oct 4 1-Bread 23 Roast Beef Mashed Potatoes LS Veggie Fruit Sauce	GF Oct 5 2- Bread 24 Chicken Fried Steak Mashed Potatoes / Gravy LS Veggie Fruit or Sauce	
GFOct 1-Bread 27 Hungarian Goulash LS Veggie House Salad / Dressing Fruit or Sauce	GF Oct 5 2-Bread 28 Sweet & Sour Meatballs Mashed Potatoes LS Veggie Fruit or Sauce	GF Oct 5 2-Bread 29 Pork Chops in mushroom gravy / Potato LS Veggie Fruit or Sauce	DS Oct 23-5 Bun 30 Knoephla Soup Keilbasa & Sauerkraut Seasoned Peas Fruit Cobbler	GF Oct 5 1-Bread 31 Honeyed Chicken Boiled Potatoes Creamed Corn BlueBerry Crisp/topping	
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.		Lunch Served 11:45 - 12 Monday - Friday Menus subject to change upon availability		AGE 60 AND OVER: SUGGESTED CONTRIBUTION FOR CONGREGATE AND HOME DELIVERED MEALS IS \$5.00, CONTRIBUTE AS YOU ARE ABLE. Those 60 or under or who do not fill out a registration form must pay \$15.07. www.seniormealsandservices.com	