

| Senior Meals<br>and<br>Services                                                                                                                                                                                                                                                             | Noon Meal Calendar<br><br>Devils Lake 662-5061 New Rockford/Sheyenne 947-5378                    |                                                                                                   |                                                                                                     |                                                                                                                                                                                                            | Month<br>of<br>September 2026 |
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| MONDAY                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                          | WEDNESDAY                                                                                         | THURSDAY                                                                                            | FRIDAY                                                                                                                                                                                                     |                               |
| 1 WW Bread 31<br>Beef Stroganoff<br>Buttered Noodles<br>Peas<br>Mandarin Orange                                                                                                                                                                                                             | 2 WW Bread 1<br>Stuffed Bell Pepper<br>Rosemary Potatoes<br>Broccoli<br>Honeydew                 | 2 WW Bread 2<br>Swedish Meatballs<br>Mashed Potatoes/Gravy<br>Mixed Veggies<br>Peach Sauce        | 1 WW Bread 3<br>Lasagna<br>Green Beans<br>Corn<br>Cantaloupe                                        | 2 WW Bread 4<br>Lemon Pepper Fish /Tartar<br>Baked Potato/Sour cream<br>Carrots<br>Pears                                                                                                                   |                               |
| 7<br><br>Labor Day -No Meal                                                                                                                                                                                                                                                                 | 8<br>Bun<br>Sloppy Joe<br>Baked Beans<br>Green Beans<br>Coleslaw<br>Tropical Fruit               | 9<br>2 WW Bread<br>Sweet & Sour Chicken<br>Mashed Potatoes<br>Italian Veggie Mix<br>Cantaloupe    | 10<br>2 WW Bread<br>Meatloaf<br>Sm Baked Potato<br>Peas / Carrots<br>Fruit Sauce                    | 11<br>1 WW Bread<br>Chicken Kiev<br>Sm Baked Potato<br>Broccoli<br>Peach Crisp/Topping                                                                                                                     |                               |
| 14<br>2 WW Bread<br>Cranberry Chicken<br>Sweet Potato<br>Mixed Vegetables<br>Fruit Sauce                                                                                                                                                                                                    | 15<br>Bun<br>Roast Beef<br>Mashed Potatoes/Gravy<br>Veggie Blend<br>Pumpkin Pie/Topping          | 16<br>1 WW Bread<br>Chicken Noodle Hotdish<br>Peas<br>Carrots<br>Mandarin Oranges                 | 17<br>Breadstick<br>Spaghetti w/Meat Sauce<br>Noodles<br>California Blend<br>Coleslaw<br>Applesauce | 18<br>1 WW Bread<br>Pork Chop in Gravy<br>Mashed Potatoes<br>Parslied Carrots<br>Berry Crisp /Topping                                                                                                      |                               |
| 21<br>2 WW Bread<br>Cabbage Roll<br>Boiled Potatoes<br>Green Bean Almondine<br>Tropical Fruit                                                                                                                                                                                               | 22<br>2 WW Bread<br>Orange Chicken Breast<br>Rosemary Potatoes<br>Mixed Vegetables<br>Applesauce | 23<br>Chicken Wild Rice Cass.<br>Carrots<br>Corn<br>Cantaloupe                                    | 24<br>2 WW Bread<br>Chili<br>Sm Baked Potato<br>Glazed Carrots<br>Peas<br>Pears                     | 25<br>Bun<br>Ham<br>Sm Baked Potato<br>Green Beans<br>Peach Sauce                                                                                                                                          |                               |
| 28<br>2 WW Bread<br>Sausage w/Kraut<br>Sm Baked Potato<br>Steamed Broccoli<br>Mandarin Oranges                                                                                                                                                                                              | 29<br>1 WW Bread<br>Turkey w/Gravy<br>Mashed Potatoes<br>Dressing<br>Peas<br>Tropical Fruit      | 30<br>1 WW Bread<br>Roast Pork w/Gravy<br>Augratin Potatoes<br>Green Beans<br>Peach Crisp/Topping |                                                                                                     |                                                                                                                                                                                                            |                               |
| Older Americans Act federal regulations require individuals age 60 and older to complete a meal assessment to participate in the Nutrition program. Meal participants are required to update their assessment annually. Individuals are notified that their assessment is due for updating. |                                                                                                  | 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 under 60 must pay \$15.63<br>www.seniormealsandservices.com for menu or info |                               |