

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford 947-5378				Month of November 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Sweet & Sour Chicken Veggie Rice Peas Peach Sauce	3 Hamburger Gravy / over a Biscuit Mixed Veggies Pear Sauce	4 Chili (1 cup) 2oz Frosted Cinnamn Roll Blueberry Yogurt Cutie Oranges	5 Fish Sandwich / Bun Green Beans Dinner Salad / Dressing Apple Sauce / Cake	6 Meatloaf Boiled Potatoes Wax Beans Warm Fruit Compote	
9 Chicken & Dressing Casserole / Gravy Mashed Potatoes Sauce	10 Swedish Meatballs Mashed Potatoes/Gravy LS Veggie Sauce	11 Veteran's Day Senior Meals & DL Transit Closed For The Holiday	12 Chicken Quesadilla Vegetable Medley Salad Fruit or Sauce	13 Grilled Chicken on a bun Toppings Hash Browns Pear Sauce	
16 Oven Omelot Diced Browned Potatoes Green Beans Muffin w/fruit	17 Honey Mustard Chicken Veggie Rice Country Trio Peach Sauce	18 Hot Beef Sandwich Mashed Potatoes/Gravy Mixed Veggies Fruit or Sauce	19 LS Ham Augratin Potatoes LS Veggie Fruit Salad	20 Chips / Salsa Chicken Taco Salad (greens, taco meat, cheese, green pepper, tomato, black olives)	
23 Swiss Steak Mashed Potatoes/Gravy Green Beans Fruit Cocktail	24 Tater Tot Hotdish LS Veggie Cooked Apples w/topping	25 Vegetable Soup Tuna Melt Tropical Fruit Sauce Bitsy Brownie	26 Thanksgiving Holiday Senior Meals & DL Transit Closed	27 Senior Meals & DL Transit Closed	
30 Pizza Burger / Bun Corn Macaroni Salad Apple Sauce	Baked Fried Chicken LS Veggie Potato Salad Peach Sauce	Crackers Cheeseburger Potato Soup / Crackers Spinach Salad / Dressing Pumpkin Cake	Chicken Fried Steak Mashed Potatoes/Gravy Peas Apricot Sauce / Cake	Sierra Beef Casserole Squash Green Beans 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.	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 \$8.30.		