

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford 947-5378				Month of November 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
31 Fish Sandwich / Bun Tater Tots Green Beans Mixed Fruit Sauce	1 French Dip / Bun Potato Salad Grape juice Fruit or Sauce	2 Hamburger Gravy / over a Biscuit Mixed Veggies Pear Sauce	3 Pork Chop Boiled Potatoes LS Veggie Fruit or Sauce	4 Chili (1 cup) Crackers Yogurt Fruit or Sauce	
7 Chicken & Dressing Casserole / Gravy Mashed Potatoes LS Veggie / Fruit or Sauce	8 Swedish Meatballs Mashed Potatoes/Gravy LS Veggie Pear Sauce	9 Grilled Chicken on a bun Toppings Hash Browns Peach Sauce	10 Baked Steak / Gravy Mashed Potatoes Cooked Carrots Fruit Sauce	11 Veteran's Day Senior Meals & DL Transit Closed for the Holiday	
14 Taco Bake Hotdish Country Trio Mixed Fruit Sauce	15 Oven Omelet Diced Browned Potatoes Green Beans Muffin w/fruit	16 Hot Beef Sandwich Mashed Potatoes/Gravy Mixed Veggies Fruity Dessert	17 LS Ham Augratin Potatoes LS Veggie Fruit Salad	18 Homemade Tomato Soup Tuna Salad Sandwich Fruit or Sauce	
21 Swiss Steak Mashed Potatoes/Gravy Green Beans Fruit Cocktail	22 Tater Tot Casserole Squash Fresh Fruit or Sauce	23 Sloppy Joe (Pasta) Casserole Cooked Baby Carrots Pear Sauce	24 Thanksgiving Holiday Senior Meals & DL Transit Closed For the Holiday	25 Thanksgiving Holiday Senior Meals & DL Transit Closed For the Holiday	
28 Chicken on a stick Tater Tots Coleslaw Fruit or Sauce	29 Mini Hot Dog Hash Browns Baked Beans Peach Sauce	30 Chicken Parmesan Scalloped Potatoes Corn O'Brien Tropical Sauce	Spaghetti & Meat Sauce Peas / Garlic Toast Fruit or Sauce	Pizza Burger / Bun Corn Macaroni Salad Apple 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 \$12.40.		