

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford Sheyenne 947-5378				Month of October 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
28 Salisbury Steak Mashed Potatoes / Gravy Green Beans Peach Sauce	29 PB Bar Pork Loin Mashed Potatoes Wax Beans Mandarin Orange Sauce	30 Porcupine Meatballs Mashed Potatoes/Gravy Green Beans Apple Sauce	1 BBQ on a Bun Tater Tots Corn Fruit Salad	2 Ham/Cheese/Potato Casserole LS Veggie Pineapple Dessert	
5 Steak w/mushroom gravy Mashed Potatoes California Blend Tropical Fruit	6 Shredded BBQ Chicken Baked Potato/Lt Sr Crm Broccoli Pear Sauce	7 Fruit Sauce Meatloaf Oven Brownd Potatoes Carrots Jello w/tpg	8 Baked Fish Yams Buttered Beets Peach Sauce	9 Knoephla Soup Deli Ham Sandwich Peach Crisp	
12 Orange Juice BBQ Pork Chop Parsley Potatoes Mixed Vegetables Pear Sauce	13 Bean & Ham Soup(11/2c) Egg Salad Sandwich Apple Juice	14 Hot Beef Sandwcih Mashed Potatoes/Gravy Mixed Vegetables Crunchy Cranberry Salad	15 Saucy Meatballs Buttered Noodles Wax Beans Apple Sauce	16 Crispy Chicken Mashed Potatoes/Gravy Yams Fruit Sauce	
19 Cheeseburger Pie Wax Beans Peach Sauce	20 Hamburger on a bun Hash Browns Baked Beans Fruit Cocktail	21 Hungarian Goulash Parslied Carrots Coleslaw Perfection Salad	22 Turkey/Veggie/Noodle soup (1 1/2 cups) Fishwich on a bun Mandarin Orange Sauce	23 LS Ham Scalloped Potatoes Broccoli Pineapple Sauce	
26 Beef Tips & Gravy Buttered Noodles Broccoli Mandarin Orange Sauce	27 Roasted Turkey/stuffing Mashed Potatoes/Gravy Carrots Apple Sauce	28 Hot Hamburger Sandwich Mashed Potatoes/Gravy Peas Cheesecake w/fruit	29 Baked Chicken Mashed Potatoes/Gravy Green Beans Apple Crisp / top	30 Beef & Cabbage Soup Turkey Sandwich Fresh Fruit WW Crackers (4)	
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. Lunch Served 11:45 - 12 Monday - Friday	AGE 60 AND OVER: SUGGESTED CONTRIBUTION FOR CONGREGATE AND HOME DELIVERED MEALS IS \$4.00, CONTRIBUTE AS YOU ARE ABLE. Those 60 or under or who do not fill out a registration form must pay \$8.30.		