

Senior Meals and Services	Noon Meal Calendar Devils Lake 662-5061 New Rockford/Sheyenne 947-5378				Month of September 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Labor Day Senior Meals & DL Transit Closed For the Holiday	3 Autumn Chicken Sweet Potatoes Buttered Beets Mandain Orange Sauce	4 Knoephla Soup Egg Salad Croissant LS V-8 Juice Cantelope	5 OatmealFruitMuffin Berry Burst Chicken Salad (chicken breast,greens, strawberries,blueberries, feta chese,almonds)	6 Baked Cod Oven Baked Potatoes Broccoli Fruit Salad	
9 Chicken Fried Steak Mashed Potatoes/Gravy California Blend Pear Sauce	10 Dinner Salad Turkey Gravy over ww biscuit Lima Beans Mandarin Orange Sauce	11 Roast Beef Boiled Potatoes/Gravy LS Veggie Fruit Sauce	12 3 oz Patty Melt French Fries Parslied Carrots Fruit Cocktail	13 WWRoll/Watermelon Taco Salad w/taco meat (cheese,green pepper, tomato,black olives,onions, greens, tostitoes chips)	
16 2 BBQ Chicken Legs Parsley Potatoes Broccoli Plum Sauce	17 Hot Beef Sandwich Mashed Potatoes/Gravy Lima Beans Peach Sauce	18 Crispy Chicken Company Potatoes California Blend Pear Sauce	19 Lasagna Peas Coleslaw Mixed Fruit Sauce	20 Beef Barley Soup Turkey Sandwich Dinner Salad/tomato slice Pear Sauce	
23 Swiss Steak w/tomatoes Mashed Potatoes California Blend Fruit Cocktail	24 Hot Pork Sandwich Mashed Potatoes/Gravy LS Veggie Tropical Fruit Sauce	25 French Dip (Auju) Baked Potato/Sr Crm Green Beans Crunchy Cranberry Salad	26 Spaghetti & Meat Sauce Peas Garlic Toast Mandarin Orange Sauce	27 Liver & Onions Boiled Potatoes Mixed Vegetables Cutie Oranges	
30 Salisbury Steak Mashed Potatoes/Gravy Green Beans Peach Sauce	Pork Loin Mashed Potatoes Wax Beans Mandarin Orange Sauce	Porcupine Meatballs Mashed Potatoes/Gravy Green Beans Apple Sauce	WW Roll Chef Salad / Dressing (hard boiled egg,cheese, tomatoes,2oz meat, cucumber slices) Fruit	BBQ on a bun Tater Tots Corn Fruit Salad	
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 from 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 under 60 or who do not complete a registration form must pay \$8.30.		