

April 2025

Wahpeton Senior Center

642-3033

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.
Under 60 is a charge of \$11.75 per meal.

All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;">1</p> Country Fried Steak Brown Gravy Roasted Red Potatoes Parslied Carrots Blueberries WW Bread	<p style="text-align: right;">2</p> Beef Stroganoff Seasoned Egg Noodles Garden Blend Veggies- 1 cup Banana WW Dinner Roll	<p style="text-align: right;">3</p> Baked Fish/Dill Sauce Italian Pasta Salad Squash Medley Peaches WG Breadstick	<p style="text-align: right;">4</p> Braised Pork Chops Baked Sweet Potato Corn Cobbets Cranberry Peaches WW Dinner Roll
<p style="text-align: right;">7</p> Cheeseburger Dijon Red Potatoes Peas Grapes WG Bun	<p style="text-align: right;">8</p> Ham & Bean Soup Winter Blend Veggies - 1 Cup Pineapple Crisp Cornbread	<p style="text-align: right;">9</p> <p style="text-align: center;">BIRTHDAY DINNER</p> Stuffed Manicotti Marinara Sauce Italian Green Beans House Salad Cantaloupe Chocolate Cake WG Breadstick	<p style="text-align: right;">10</p> Root Beer Ribs Hashbrown Casserole Corn Pears WB-2	<p style="text-align: right;">11</p> Tuna Noodle Casserole California Blend Veggies - 1 cup Mandarin Oranges WW Dinner Roll
<p style="text-align: right;">14</p> Grilled Salmon Mashed Potatoes Squash Raspberries WW Bread	<p style="text-align: right;">15</p> Pulled Pork on Bun Rosemary Potatoes Cauliflower Strawberries WG Bun	<p style="text-align: right;">16</p> <p style="text-align: center;">EASTER DINNER</p> Country Ham Garlic Mashed Potato Glazed Carrots Banana Glorified Rice WG Bread	<p style="text-align: right;">17</p> Beef & Cabbage Bake Winter Blend Veggies Cantaloupe WG Biscuit	<p style="text-align: center;">Closed</p>
<p style="text-align: right;">21</p> Chicken Supreme Confetti Rice Broccoli- 1 cup Mixed Fruit	<p style="text-align: right;">22</p> Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple WW Dinner Roll	<p style="text-align: right;">23</p> Garlic Shrimp Angel Hair Pasta Capri Blend Veggies Broccoli Salad Peach Applesauce WG Breadstick	<p style="text-align: right;">24</p> Chicken & Noodles Seasoned Green Peas- 1 cup Applesauce WG Bread	<p style="text-align: right;">25</p> Pesto Turkey Baked Potato Brussel Sprouts Mixed Fruit WB-2
<p style="text-align: right;">28</p> Garlic Oregano Chicken Company Potatoes Herbed Green Beans Pineapple WB-2	<p style="text-align: right;">29</p> Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread	<p style="text-align: right;">30</p> Lasagna House Salad Mixed Veggies Peaches WW Bread		

April 2025

Abercrombie Senior Center

553-8759

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Country Fried Steak Brown Gravy Roasted Red Potatoes Parslied Carrots Blueberries WW Bread</p>	<p>2</p> <p>Baked Fish/Dill Sauce Italian Pasta Salad Squash Medley Peaches WG Breadstick</p>	<p>3</p>	<p>4</p>
<p>7</p> <p>Cheeseburger Dijon Red Potatoes Peas Grapes WG Bun</p>	<p>8</p> <p>Ham & Bean Soup Winter Blend Veggies - 1 Cup Pineapple Crisp Cornbread</p>	<p>9</p> <p>Stuffed Manicotti Marinara Sauce Italian Green Beans House Salad Cantaloupe Chocolate Cake WG Breadstick</p>	<p>10</p>	<p>11</p>
<p>14</p> <p>Grilled Salmon Mashed Potatoes Squash Raspberries WW Bread</p>	<p>15</p> <p>Pulled Pork on Bun Rosemary Potatoes Cauliflower Strawberries WG Bun</p>	<p>16</p> <p>EASTER DINNER</p> <p>Country Ham Garlic Mashed Potato Glazed Carrots Banana Glorified Rice WG Bread</p>	<p>17</p>	<p>18</p>
<p>21</p> <p>Chicken Supreme Confetti Rice Broccoli- 1 cup Mixed Fruit</p>	<p>22</p> <p>Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple WW Dinner Roll</p>	<p>23</p> <p>Garlic Shrimp Angel Hair Pasta Capri Blend Veggies Broccoli Salad Peach Applesauce WG Breadstick</p>	<p>24</p>	<p>25</p>
<p>28</p> <p>Garlic Oregano Chicken Company Potatoes Herbed Green Beans Pineapple WB-2</p>	<p>29</p> <p>Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread</p>	<p>30</p> <p>Lasagna House Salad Mixed Veggies Peaches WW Bread</p>		

April 2025

Hankinson Senior Center

242-7742

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.

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All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;">1</p> Country Fried Steak Brown Gravy Roasted Red Potatoes Parslied Carrots Blueberries WW Bread	<p style="text-align: right;">2</p> Beef Stroganoff Seasoned Egg Noodles Garden Blend Veggies- 1 cup Banana WW Dinner Roll	<p style="text-align: right;">3</p>	<p style="text-align: right;">4</p> Baked Fish/Dill Sauce Italian Pasta Salad Corn Cobbets Peaches WG Breadstick
<p style="text-align: right;">7</p>	<p style="text-align: right;">8</p> Stuffed Manicotti Marinara Sauce Italian Green Beans House Salad Cantaloupe Chocolate Cake WG Breadstick	<p style="text-align: right;">9</p> Ham & Bean Soup California Blend Veggies - 1 Cup Pineapple Crisp Cornbread	<p style="text-align: right;">10</p>	<p style="text-align: right;">11</p> Cheeseburger Dijon Red Potatoes Peas Grapes WG Bun
<p style="text-align: right;">14</p>	<p style="text-align: right;">15</p> Grilled Salmon Mashed Potatoes Asparagus Almondine Raspberries WW Bread	<p style="text-align: right;">16</p> <p style="text-align: center;">EASTER DINNER</p> Country Ham Garlic Mashed Potato Glazed Carrots Banana Glorified Rice WG Bread	<p style="text-align: right;">17</p> Beef & Cabbage Bake Winter Blend Veggies Strawberries WG Biscuit	<p style="text-align: right;">18</p> <p style="text-align: center;">Closed</p>
<p style="text-align: right;">21</p>	<p style="text-align: right;">22</p> Pesto Turkey Baked Potato Brussel Sprouts Mixed Fruit WB-2	<p style="text-align: right;">23</p> Garlic Shrimp Angel Hair Pasta Capri Blend Veggies Broccoli Salad Peach Applesauce WG Breadstick	<p style="text-align: right;">24</p>	<p style="text-align: right;">25</p> Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple WW Dinner Roll
<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p> Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread	<p style="text-align: right;">30</p> Lasagna House Salad Mixed Veggies Peaches WW Bread		

April 2025

Lidgerwood Senior Center

538-4602

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.

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All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="right">1</p> Country Fried Steak Brown Gravy Roasted Red Potatoes Parslied Carrots Blueberries WW Bread	<p align="right">2</p>	<p align="right">3</p> Braised Pork Chops Baked Sweet Potato Corn Cobbetts Cranberry Peaches WW Dinner Roll	<p align="right">4</p>
<p align="right">7</p> Cheeseburger Dijon Red Potatoes Peas Grapes WG Bun	<p align="right">8</p> Beef Stroganoff Seasoned Egg Noodles Garden Blend Veggies- 1 cup Banana WW Dinner Roll	<p align="right">9</p>	<p align="right">10</p> Root Beer Ribs Hashbrown Casserole Corn Pears WB-2	<p align="right">11</p>
<p align="right">14</p> Grilled Salmon Mashed Potatoes Squash Raspberries WW Bread	<p align="right">15</p> Pulled Pork on Bun Rosemary Potatoes Cauliflower Strawberries WG Bun	<p align="right">16</p>	<p align="right">17</p> <p align="center">EASTER DINNER</p> Country Ham Garlic Mashed Potato Glazed Carrots Banana Glorified Rice WG Bread	<p align="right">18</p>
<p align="right">21</p> Chicken Supreme Confetti Rice Broccoli- 1 cup Mixed Fruit	<p align="right">22</p> Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple WW Dinner Roll	<p align="right">23</p>	<p align="right">24</p> Chicken & Noodles Seasoned Green Peas- 1 cup Applesauce WG Bread	<p align="right">25</p>
<p align="right">28</p> Lasagna House Salad Mixed Veggies Peaches WW Bread	<p align="right">29</p> Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread	<p align="right">30</p>		

April 2025

Wyndmere Senior Center

439-2907

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.
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All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;">1</p> Country Fried Steak Brown Gravy Roasted Red Potatoes Parslied Carrots Blueberries WW Bread	<p style="text-align: right;">2</p>	<p style="text-align: right;">3</p> Baked Fish/Dill Sauce Italian Pasta Salad Squash Medley Peaches WG Breadstick	<p style="text-align: right;">4</p>
<p style="text-align: right;">7</p> Cheeseburger Dijon Red Potatoes Peas Grapes WG Bun	<p style="text-align: right;">8</p> Ham & Bean Soup Winter Blend Veggies - 1 Cup Pineapple Crisp Cornbread	<p style="text-align: right;">9</p>	<p style="text-align: right;">10</p> Root Beer Ribs Hashbrown Casserole Corn Pears WB-2	<p style="text-align: right;">11</p>
<p style="text-align: right;">14</p> Grilled Salmon Mashed Potatoes Squash Raspberries WW Bread	<p style="text-align: right;">15</p> Pulled Pork on Bun Rosemary Potatoes Cauliflower Strawberries WG Bun	<p style="text-align: right;">16</p> <p style="text-align: center;">EASTER DINNER</p> Country Ham Garlic Mashed Potato Glazed Carrots Banana Glorified Rice WG Bread	<p style="text-align: right;">17</p> <p style="text-align: center;">Closed</p>	<p style="text-align: right;">18</p>
<p style="text-align: right;">21</p> Chicken Supreme Confetti Rice Broccoli- 1 cup Mixed Fruit	<p style="text-align: right;">22</p> Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple WW Dinner Roll	<p style="text-align: right;">23</p>	<p style="text-align: right;">24</p> Chicken & Noodles Seasoned Green Peas- 1 cup Applesauce WG Bread	<p style="text-align: right;">25</p>
<p style="text-align: right;">28</p> Garlic Oregano Chicken Company Potatoes Herbed Green Beans Pineapple WB-2	<p style="text-align: right;">29</p> Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread	<p style="text-align: right;">30</p>		