

**December 2024**

**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 \$9.00 per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Tuna Noodle Casserole Caribbean Blend Veggies Peaches Dinner Roll</p>	<p><b>3</b></p> <p>Turkey a la King Fluffy Rice Malibu Blend Veggies Fresh Grapes Biscuit</p>	<p><b>4</b></p> <p>Hot Roast Beef / Gravy on Wheat Chived Mashed Potatoes Peas and Carrots Snicker &amp; Apple Salad</p>	<p><b>5</b></p> <p>Chicken &amp; Dumplings House Salad Herbed Green Beans Strawberries &amp; Yogurt Biscuit</p>	<p><b>6</b></p> <p>Scrambled Egg Seasoned Steak Hashbrowns Orange Vinaigrette Veggies Mixed Berries Bread x2 / Jelly</p>
<p><b>9</b></p> <p>BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2</p>	<p><b>10</b></p> <p>Chili w/ Beans House Salad Cornbread Wheat Crackers Banana</p>	<p><b>11</b></p> <p><b>Birthday Dinner</b></p> <p>Chicken Fried Steak / Cream Gravy Potatoes &amp; Onions Lemon Butter Broccoli Ambrosia Birthday Cake Bread x1</p>	<p><b>12</b></p> <p>Cheeseburger on a Bun Dijon Red Potatoes Squash Whole Pear</p>	<p><b>13</b></p> <p><b>Christmas Dinner</b></p> <p>Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie Dinner Roll</p>
<p><b>16</b></p> <p>Swedish Meatballs Mashed Potatoes Corn Apple Bread x2</p>	<p><b>17</b></p> <p>Lemon Pepper Fish Au Gratin Potatoes Winter Blend Veggies Peachy Gelatin Bread x2</p>	<p><b>18</b></p> <p>Chicken Tortilla Soup Cheese Enchiladas Black Beans Pepper Medley Sour Cream Pineapple</p>	<p><b>19</b></p> <p>Beef Lasagna Herbed Green Beans Blueberries Breadstick</p>	<p><b>20</b></p> <p>Roast Pork Loin Parslied Potatoes Balsamic Brussels Sprouts Apricots Caribbean Sauce Dinner Roll</p>
<p><b>23</b></p> <p>Tater Tot Casserole Southwest Corn Fresh Whole Pear Bread x2</p>	<p><b>24</b></p> <p><b>CLOSED</b></p> <p><b>Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal.</b></p>	<p><b>25</b></p> <p><b>CLOSED</b></p> <p><b>If you would like to receive an additional frozen meal on Monday, please call the office 642-3033.</b></p>	<p><b>26</b></p> <p>Lemon Mustard Chicken Roasted Red Potatoes Country Blend Veggies Tropical Fruit Dinner Roll</p>	<p><b>27</b></p> <p>Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit</p>
<p><b>30</b></p> <p>Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges</p>	<p><b>31</b></p> <p>Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus Raspberries Breadstick</p>			

# December 2024

# Abercrombie Senior Center

553-8459

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 \$9.00 per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Tuna Noodle Casserole Caribbean Blend Veggies Peaches Dinner Roll</p>	<p><b>3</b></p> <p>Scrambled Egg Seasoned Steak Hashbrowns Orange Vinaigrette Veggies Mixed Berries Bread x2 / Jelly</p>	<p><b>4</b></p> <p>Chicken &amp; Dumplings House Salad Herbed Green Beans Strawberries &amp; Yogurt Biscuit</p>	<p><b>5</b></p>	<p><b>6</b></p>
<p><b>9</b></p> <p>Chili w/ Beans House Salad Cornbread Wheat Crackers Banana</p>	<p><b>10</b></p> <p>Chicken Fried Steak / Cream Gravy Potatoes &amp; Onions Lemon Butter Broccoli Ambrosia Bread x1</p>	<p><b>11</b></p> <p><b>Christmas Dinner</b> Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie Dinner Roll</p>	<p><b>12</b></p>	<p><b>13</b></p>
<p><b>16</b></p> <p>Swedish Meatballs Mashed Potatoes Corn Apple Bread x2</p>	<p><b>17</b></p> <p>Beef Lasagna Herbed Green Beans Winter Blend Veggies Breadstick</p>	<p><b>18</b></p> <p>Chicken Tortilla Soup Cheese Enchiladas Black Beans Pepper Medley Sour Cream Pineapple</p>	<p><b>19</b></p>	<p><b>20</b></p>
<p><b>23</b></p> <p>Tater Tot Casserole Southwest Corn Fresh Whole Pear Bread x2</p>	<p><b>24</b></p> <p><b>CLOSED</b></p>	<p><b>25</b></p> <p><b>CLOSED</b></p>	<p><b>26</b></p> <p>Lemon Mustard Chicken Roasted Red Potatoes Country Blend Veggies Tropical Fruit Dinner Roll</p>	<p><b>27</b></p> <p>Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit</p>
<p><b>30</b></p> <p>Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges</p>	<p><b>31</b></p> <p>Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus Raspberries Breadstick</p>			

# December 2024

# 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.  
 Under 60 is a charge of \$9.00 per meal.  
 All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Turkey a la King Fluffy Rice Malibu Blend Veggies Fresh Grapes Biscuit	Hot Roast Beef / Gravy on Wheat Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad		Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit
<b>9</b>	<b>10</b>	<b>Christmas Dinner</b>	<b>12</b>	<b>13</b>
	Chicken Fried Steak / Cream Gravy Potatoes & Onions Lemon Butter Broccoli Ambrosia Bread x1	Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie Dinner Roll		BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	Chicken Tortilla Soup Cheese Enchiladas Black Beans Winter Blend Veggies Sour Cream Pineapple	Roast Pork Loin Parslied Potatoes Balsamic Brussels Sprouts Apricots Caribbean Sauce Dinner Roll		Beef Lasagna Herbed Green Beans Blueberries Breadstick
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit	<b>CLOSED</b>	<b>CLOSED</b>	Lemon Mustard Chicken Roasted Red Potatoes Country Blend Veggies Tropical Fruit Dinner Roll	Tater Tot Casserole Southwest Corn Fresh Whole Pear Bread x2
<b>30</b>	<b>31</b>			
	Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus Raspberries Breadstick			

**December 2024**

**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.  
Under 60 is a charge of \$9.00 per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Tuna Noodle Casserole Caribbean Blend Veggies Peaches Dinner Roll</p>	<p><b>3</b></p> <p>Hot Roast Beef / Gravy on Wheat Chived Mashed Potatoes Peas and Carrots Snicker &amp; Apple Salad</p>	<p><b>4</b></p>	<p><b>5</b></p> <p>Chicken &amp; Dumplings House Salad Herbed Green Beans Strawberries &amp; Yogurt Biscuit</p>	<p><b>6</b></p>
<p><b>9</b></p> <p>BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2</p>	<p><b>10</b></p> <p>Chicken Fried Steak / Cream Gravy Potatoes &amp; Onions Lemon Butter Broccoli Ambrosia Bread x1</p>	<p><b>11</b></p>	<p><b>12</b></p> <p><b>Christmas Dinner</b> Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie Dinner Roll</p>	<p><b>13</b></p>
<p><b>16</b></p> <p>Swedish Meatballs Mashed Potatoes Corn Apple Bread x2</p>	<p><b>17</b></p> <p>Lemon Pepper Fish Au Gratin Potatoes Winter Blend Veggies Peachy Gelatin Bread x2</p>	<p><b>18</b></p>	<p><b>19</b></p> <p>Roast Pork Loin Parslied Potatoes Balsamic Brussels Sprouts Apricots Caribbean Sauce Dinner Roll</p>	<p><b>20</b></p>
<p><b>23</b></p> <p>Tater Tot Casserole Southwest Corn Fresh Whole Pear Bread x2</p>	<p><b>24</b></p> <p><b>CLOSED</b></p>	<p><b>25</b></p> <p><b>CLOSED</b></p>	<p><b>26</b></p> <p>Lemon Mustard Chicken Roasted Red Potatoes Country Blend Veggies Tropical Fruit Dinner Roll</p>	<p><b>27</b></p> <p>Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit</p>
<p><b>30</b></p> <p>Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges</p>	<p><b>31</b></p> <p>Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus Raspberries Breadstick</p>			

# December 2024

# 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.

Under 60 is a charge of \$9.00 per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Tuna Noodle Casserole Caribbean Blend Veggies Peaches Dinner Roll</p>	<p><b>3</b></p> <p>Turkey a la King Fluffy Rice Malibu Blend Veggies Fresh Grapes Biscuit</p>	<p><b>4</b></p>	<p><b>5</b></p> <p>Chicken &amp; Dumplings House Salad Herbed Green Beans Strawberries &amp; Yogurt Biscuit</p>	<p><b>6</b></p>
<p><b>9</b></p> <p>BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2</p>	<p><b>10</b></p> <p>Chili w/ Beans House Salad Cornbread Wheat Crackers Banana</p>	<p><b>11</b></p>	<p><b>12</b></p> <p><b>CLOSED</b></p>	<p><b>Christmas Dinner 13</b></p> <p>Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie Dinner Roll</p>
<p><b>16</b></p> <p>Swedish Meatballs Mashed Potatoes Corn Apple Bread x2</p>	<p><b>17</b></p> <p>Lemon Pepper Fish Au Gratin Potatoes Winter Blend Veggies Peachy Gelatin Bread x2</p>	<p><b>18</b></p>	<p><b>19</b></p> <p>Beef Lasagna Herbed Green Beans Blueberries Breadstick</p>	<p><b>20</b></p>
<p><b>23</b></p> <p>Tater Tot Casserole Southwest Corn Fresh Whole Pear Bread x2</p>	<p><b>24</b></p> <p><b>CLOSED</b></p>	<p><b>25</b></p> <p><b>CLOSED</b></p>	<p><b>26</b></p> <p>Lemon Mustard Chicken Roasted Red Potatoes Country Blend Veggies Tropical Fruit Dinner Roll</p>	<p><b>27</b></p> <p>Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit</p>
<p><b>30</b></p> <p>Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges</p>	<p><b>31</b></p> <p>Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus Raspberries Breadstick</p>			