February 2025

Peach Crisp

Wahpeton Senior Center

Breadstick

642-3033

Blueberries

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
3		4	5	6 7
Beef Stuffed Pepper	Salisbury Steak / Gravy	Pork Wings	RS Ham	Mushroom Swiss Burger / Bun
Parslied Potatoes	Mashed Potatoes	Scalloped Potatoes	Baked Potato	Potato Salad
Zucchini	Winter Blend Veggies	Seasoned Snow Peas	Mixed Veggies	Broccoli
Cranberry Peaches	Cherry Fruit Salad	Cinnamon Bananas	Deluxe Fruit	Tangerine
Bread x 1	Bread x2	Dinner Roll	Bread x2	
10	1	11	12	13 14
Tater Tot Casserole	Lemon Pepper Cod	Country Fried Steak / Gravy	Open Face Turkey Sandwich (bread x2)	Chicken Tenders
Green Beans	Rosemary Garlic Potatoes	Baby Baker Potatoes	Chive Mashed Potatoes	Macaroni & Cheese
Diced Pears	Dilled Carrots	Beets	Peas & Carrots	House Salad
Bread x1	Oranges in Whipped Topping	Pineapple	Snicker Apple Salad	Fruit Cocktail
	Bread x2	Dessert		Bread x1
		Dinner Roll		
17	1	18	19	20 21
	Cheese Tortellini / Marinara Sauce	Roast Beef & Gravy	Beef Fajita	Philly Cheese Chicken Sandwich
CLOSED	Meatballs	Dijon Red Potatoes	Chips / Salsa	Tator Tots
If you would like to receive a frozen	Italian Veggie Blend	Country Blend Veggies	Spanish Rice	Capri Blend Veggies
meal, please call the office at	Mixed Berries	Tropical Fruit	Southwest Corn	Banana
642-3033.	Breadstick	Bread x2	Raspberries	
			Dessert	
24	. 2	.5	26	27 28
Fish Sandwich / Bun / Tartar Sauce	Teriyaki Chicken	Supreme Pizza Casserole	Pulled BBQ Chicken	Egg & Sausage Bake
Au gratin Potatoes	Sesame Brown Rice	House Salad / Dressing	Ranch Beans	Hash Browns
Lettuce, Tomato, Onion	Pacific Blend Veggies	Green Beans Oregano	California Blend Veggies	Asparagus Almondine
Cinnamon Applesauce	Egg Roll	Apple	Cornbread	Bread x1 / Jelly

Strawberries

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 \$11.75 per meal.

MONDAY	TUESDAY		WEDNESDAY		THURSDAY	FRIDAY
3		4		5	(7
Beef Stuffed Pepper	Salisbury Steak / Gravy		Mushroom Swiss Burger / Bun			
Parslied Potatoes	Mashed Potatoes		Potato Salad			
Zucchini	Winter Blend Veggies		Broccoli			
Cranberry Peaches	Cherry Fruit Salad		Tangerine			
Bread x 1	Bread x2					
10		11	1:	L2	13	14
Tater Tot Casserole	Lemon Pepper Cod		Chicken Tenders			
Green Beans	Rosemary Garlic Potatoes		Macaroni & Cheese			
Diced Pears	Dilled Carrots		House Salad			
Bread x1	Oranges in Whipped Topping		Fruit Cocktail			
	Bread x2		Bread x1			
17		18		١9	20	21
	Philly Cheese Chicken Sandwich		Cheese Tortellini / Marinara Sauce		Beef Fajita	
	Tator Tots		Meatballs		Chips / Salsa	
CLOSED	Capri Blend Veggies		Italian Veggie Blend		Spanish Rice	
	Italian Veggie Blend		Mixed Berries		Southwest Corn	
			Breadstick		Raspberries	
				$\overline{}$	Dessert	
24	.	25	20	6	27	28
Fish Sandwich / Bun / Tartar Sauce	Teriyaki Chicken		Supreme Pizza Casserole			
Au gratin Potatoes	Sesame Brown Rice		House Salad / Dressing			
Lettuce, Tomato, Onion	Pacific Blend Veggies		Green Beans Oregano			
Cinnamon Applesauce	Egg Roll		Apple			
	Peach Crisp		Breadstick			

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 \$11.75 per meal.

MONDAY	TUESDAY	WEDNESDAY	THUI	RSDAY FRIDAY
	3	4	5	6 7
	Beef Stuffed Pepper	RS Ham		Mushroom Swiss Burger / Bun
	Parslied Potatoes	Baked Potato		Potato Salad
	Capri Blend Veggies	Mixed Veggies		Winter Blend Veggies
	Cranberry Peaches	Deluxe Fruit		Tangerine
	Bread x 1	Bread x2		
	10	11	12	13 14
Country Fried Steak / Gravy	Open Face Turkey Sandwich (bread x2	2) Tater Tot Casserole		
Green Beans	Chive Mashed Potatoes	Green Beans		
Beets	Prince Edward Veggies	Diced Pears		CLOSED
Pineapple	Snicker Apple Salad	Bread x1		
Dessert				
Dinner Roll				
	17	18	19	20 21
	Beef Fajita	Roast Beef & Gravy		Philly Cheese Chicken Sandwich
	Chips / Salsa	Dijon Red Potatoes		Tator Tots
	Italian Veggie Blend	Country Blend Veggies		Capri Blend Veggies
	Southwest Corn	Tropical Fruit		Banana
	Raspberries	Bread x2		
	Dessert			
	24	25	26	27 28
	Teriyaki Chicken	Pulled BBQ Chicken		Supreme Pizza Casserole
	Sesame Brown Rice	Ranch Beans		House Salad / Dressing
	Pacific Blend Veggies	California Blend Veggies		Green Beans Oregano
	Egg Roll	Cornbread		Apple Broadstield
	Peach Crisp	Strawberries		Breadstick

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 \$11.75 per meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Beef Stuffed Pepper	Salisbury Steak / Gravy		Mushroom Swiss Burger / Bun	
Parslied Potatoes	Mashed Potatoes		Potato Salad	
Zucchini	Winter Blend Veggies		Broccoli	
Cranberry Peaches	Cherry Fruit Salad		Tangerine	
Bread x 1	Bread x2			
10	11	12	13	14
Country Fried Steak / Gravy	Lemon Pepper Cod		Chicken Tenders	
Green Beans	Rosemary Garlic Potatoes		Macaroni & Cheese	
Beets	Dilled Carrots		House Salad	
Pineapple	Oranges in Whipped Topping		Fruit Cocktail	
Dessert	Bread x2		Bread x1	
Dinner Roll				
17	18	19	20	21
	Roast Beef & Gravy	Philly Cheese Chicken Sandwich	Beef Fajita	
CLOSED	Dijon Red Potatoes	Tator Tots	Chips / Salsa	
	Italian Veggie Blend	Capri Blend Veggies	Spanish Rice	
	Tropical Fruit	Banana	Southwest Corn	
	Bread x2		Raspberries	
			Dessert	
24	25	26	27	28
Fish Sandwich / Bun / Tartar Sauce	Supreme Pizza Casserole		Pulled BBQ Chicken	
Au gratin Potatoes	House Salad / Dressing		Ranch Beans	
Lettuce, Tomato, Onion	Green Beans Oregano		California Blend Veggies	
Cinnamon Applesauce	Apple		Cornbread	
	Breadstick		Strawberries	

February 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.

Under 60 is a charge of \$11.75 per meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Beef Stuffed Pepper	Salisbury Steak / Gravy		RS Ham	
Parslied Potatoes	Mashed Potatoes		Baked Potato	
Zucchini	Winter Blend Veggies		Mixed Veggies	
Cranberry Peaches	Cherry Fruit Salad		Deluxe Fruit	
Bread x 1	Bread x2		Bread x2	
10	1:	12	13	14
Tater Tot Casserole	Lemon Pepper Cod		Open Face Turkey Sandwich (bread x2)	
Green Beans	Rosemary Garlic Potatoes		Chive Mashed Potatoes	
Diced Pears	Dilled Carrots		Peas & Carrots	
Bread x1	Oranges in Whipped Topping		Snicker Apple Salad	
	Bread x2			
17	1:			21
	Cheese Tortellini / Marinara Sauce	Roast Beef & Gravy	Beef Fajita	
	Meatballs	Dijon Red Potatoes	Chips / Salsa	
CLOSED	Italian Veggie Blend	Country Blend Veggies	Spanish Rice	
	Mixed Berries	Tropical Fruit	Southwest Corn	
	Breadstick	Bread x2	Raspberries	
			Dessert	
24	2!	5 26	27	28
Fish Sandwich / Bun / Tartar Sauce	Teriyaki Chicken		Pulled BBQ Chicken	
Au gratin Potatoes	Sesame Brown Rice		Ranch Beans	
Lettuce, Tomato, Onion	Pacific Blend Veggies		California Blend Veggies	
Cinnamon Applesauce	Egg Roll		Cornbread	
	Peach Crisp		Strawberries	