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	
		CLOSED If you would like to receive a frozen meal, please call the office 642-3033.		Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	Meatball Sub Sandwich Potato Wedges Tomato & Cucumber Salad Applesauce	3
6	5	7 Birthday Dinner	8	9		10
Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Banana Bran Muffin LS Crackers	BBQ Chicken Breast Au Gratin Potatoes Harvard Beets Strawberries Bread x2 Carrot Cake		Shepherds Pie Brussels Sprouts Peaches in Orange Sauce Bread x2	Cheese Calzone Caesar Salad / Dressing Creamed Vegetables Raspberries Breadstick	
Peach French Toast Bake Scrambled Egg Glazed Sweet Potatoes LoCal Syrup Banana	Hawaiian Turkey Burger / Bun Tator Tots Country Blend Veggies Tropical Fruit	Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Garlic Bread Fruit Salad	1	Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick	17
CLOSED If you would like to receive a frozen meal, please call the office 642-3033.	Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2		Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Fruit Cocktail	Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots Peach Bread x2	24
Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	Orange Chicken White & Wild Rice Blend House Salad / Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick	28 Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread		Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple Dinner Roll	BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	31

Abercrombie Senior Center

553-8459

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

MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
			CLOSED	1	Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	2	3
Tangy Meatloaf	Broccoli Cheese Soup	7	BBQ Chicken Breast	8		9	10
Boiled Potatoes	Coleslaw		Au Gratin Potatoes				
Sicilian Blend Veggies	Cottage Cheese and Fruit		Harvard Beets				
Whole Pear	Banana Bran Muffin		Strawberries				
Bread x2	Crackers		Bread x2				
			Carrot Cake				
13		14		15		16	17
Salisbury Steak / Mushroom Gravy	Hawaiian Turkey Burger / Bun		Parmesan Chicken				
Mashed Potatoes	Tator Tots		Angel Hair Pasta/Marinara				
Capri Blend Veggies	Country Blend Veggies		Italian Blend Veggies				
Apricots	Tropical Fruit		Garlic Bread				
Bread x2			Fruit Salad				
20		21		22		23	24
CLOSED	Garlic Steak Bites		Taco Casserole		Oven Fried Chicken		
	Baked Potato		Spanish Rice		Mashed Potatoes & Gravy		
	Green Beans Mixed Berries		Refried Beans Whole Kernel Corn		Glazed Baby Carrots Peach		
	Bread x2		Fruit Cocktail		Bread x2		
27		28		29	DIEdu XZ	30	31
Beef Stroganoff	Orange Chicken	20	Ham & Bean Soup				31
Seasoned Egg Noodles	White & Wild Rice Blend		Winter Blend Veggies				
Seasoned Zucchini	House Salad / Dressing		Apple Crisp				
Whole Orange	Oriental Blend Veggies		Cornbread				
Wheat Dinner Roll	Pineapple Angel Cake						
	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.

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

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
			CLOSED	Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	Meatball Sub Sandwich Potato Wedges Tomato & Cucumber Salad Applesauce
	6 Tangy Meatloaf	7	Broccoli Cheese Soup / Crackers	S	Shepherds Pie
	Boiled Potatoes		Coleslaw		Brussels Sprouts
	Sicilian Blend Veggies		Cottage Cheese and Fruit		Peaches in Orange Sauce
	Whole Pear Bread x2		Banana Bran Muffin		Bread x2
	13	14		16	·
	Parmesan Chicken		Salisbury Steak / Mushroom Gravy		Herb Roasted Salmon
	Angel Hair Pasta / Marinara	1	Mashed Potatoes		Rosemary Potatoes
	Italian Blend Veggies		Capri Blend Veggies		Lemon Walnut Broccoli
	Garlic Bread		Apricots Bread x2		Mandarin Oranges Breadstick
	Fruit Salad 20	21		23	
	Pork Club Chop	21	Oven Fried Chicken		Garlic Steak Bites
	Whipped Potatoes		Mashed Potatoes & Gravy		Baked Potato
	Roasted Butternut Squash		Glazed Baby Carrots		Green Beans
	Deluxe Fruit		Peach		Mixed Berries
	Bread x2		Bread x2		Bread x2
	27	28	29	30	3
	BBQ Pork on Bun		Beef Stroganoff		Ham & Bean Soup
	Sweet Potato Waffle Fries		Seasoned Egg Noodles		Winter Blend Veggies
	California Blend Veggies		Seasoned Zucchini		Apple Crisp
	Heavenly Hash		Whole Orange		Cornbread
			Wheat Dinner Roll		

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
				1	Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	2	3
Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	6	Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese and Fruit Banana Bran Muffin		8	Shepherds Pie Brussels Sprouts Peaches in Orange Sauce Bread x2	9	10
Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick	13	Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Garlic Bread Fruit Salad		15	Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	16	17
CLOSED	20	Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	22	Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots Peach Bread x2	23	24
Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	27	Orange Chicken White & Wild Rice Blend House Salad / Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick		29	BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	30	31

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	WEDNESDA	Y THUR	SDAY FF	RIDAY
			Beef & Cabbage Bar Peas & Carrots Fruity Tapioca Pud Dinner Roll		3
Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	Broccoli Cheese Soup / Cracke Coleslaw Cottage Cheese and Fruit Banana Bran Muffin	7 ers	Shepherds Pie Brussels Sprouts Peaches in Orange Bread x2	9 Sauce	10
Peach French Toast Bake Scrambled Egg Glazed Sweet Potatoes LoCal Syrup Banana	Hawaiian Turkey Burger / Bur Tator Tots Country Blend Veggies Tropical Fruit	14	Salisbury Steak / Mashed Potatoes Capri Blend Veggie Apricots Bread x2	,	17
CLOSED	Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Fruit Cocktail	23	24
Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	Orange Chicken White & Wild Rice Blend House Salad / Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick	28	Mediterranean Bak Roasted Red Potat Scandinavian Blend Apple Dinner Roll	oes	31