

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
		<b>CLOSED</b> <b>If you would like to receive a frozen meal, please call the office 642-3033.</b>	<b>1</b> Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	<b>2</b> Meatball Sub Sandwich Potato Wedges Tomato & Cucumber Salad Applesauce
<b>6</b> Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	<b>7</b> Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Banana Bran Muffin LS Crackers	<b>8</b> <b>Birthday Dinner</b> BBQ Chicken Breast Au Gratin Potatoes Harvard Beets Strawberries Bread x2 Carrot Cake	<b>9</b> Shepherds Pie Brussels Sprouts Peaches in Orange Sauce Bread x2	<b>10</b> Cheese Calzone Caesar Salad / Dressing Creamed Vegetables Raspberries Breadstick
<b>13</b> Peach French Toast Bake Scrambled Egg Glazed Sweet Potatoes LoCal Syrup Banana	<b>14</b> Hawaiian Turkey Burger / Bun Tator Tots Country Blend Veggies Tropical Fruit	<b>15</b> Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Garlic Bread Fruit Salad	<b>16</b> Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	<b>17</b> Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick
<b>20</b> <b>CLOSED</b> <b>If you would like to receive a frozen meal, please call the office 642-3033.</b>	<b>21</b> Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	<b>22</b> Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	<b>23</b> Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Fruit Cocktail	<b>24</b> Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots Peach Bread x2
<b>27</b> Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	<b>28</b> Orange Chicken White & Wild Rice Blend House Salad / Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick	<b>29</b> Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread	<b>30</b> Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple Dinner Roll	<b>31</b> BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash

**January 2025**

**Abercrombie Senior Center**

**553-8459**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>CLOSED</b>	<b>2</b> Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	<b>3</b>
<b>6</b> Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	<b>7</b> Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Banana Bran Muffin Crackers	<b>8</b> BBQ Chicken Breast Au Gratin Potatoes Harvard Beets Strawberries Bread x2 Carrot Cake	<b>9</b>	<b>10</b>
<b>13</b> Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	<b>14</b> Hawaiian Turkey Burger / Bun Tator Tots Country Blend Veggies Tropical Fruit	<b>15</b> Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Garlic Bread Fruit Salad	<b>16</b>	<b>17</b>
<b>20</b> <b>CLOSED</b>	<b>21</b> Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	<b>22</b> Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Fruit Cocktail	<b>23</b> Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots Peach Bread x2	<b>24</b>
<b>27</b> Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	<b>28</b> Orange Chicken White & Wild Rice Blend House Salad / Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick	<b>29</b> Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread	<b>30</b>	<b>31</b>

**January 2025**

**Hankinson Senior Center**

**242-7742**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>CLOSED</b>	1 2 Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	3 Meatball Sub Sandwich Potato Wedges Tomato & Cucumber Salad Applesauce
6	7 Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	8 Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese and Fruit Banana Bran Muffin	9	10 Shepherds Pie Brussels Sprouts Peaches in Orange Sauce Bread x2
13	14 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 Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick
20	21 Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	22 Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots Peach Bread x2	23	24 Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2
27	28 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	29 Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	30	31 Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread

**January 2025**

**Lidgerwood Senior Center**

**538-4602**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
			Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	
6	7	8	9	10
Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese and Fruit Banana Bran Muffin		Shepherds Pie Brussels Sprouts Peaches in Orange Sauce Bread x2	
13	14	15	16	17
Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick	Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Garlic Bread Fruit Salad		Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	
20	21	22	23	24
<b>CLOSED</b>	Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots Peach Bread x2	
27	28	29	30	31
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		BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	

**January 2025**

**Wyndmere Senior Center**

**439-2907**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b> Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	<b>3</b>
<b>6</b> Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	<b>7</b> Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese and Fruit Banana Bran Muffin	<b>8</b>	<b>9</b> Shepherds Pie Brussels Sprouts Peaches in Orange Sauce Bread x2	<b>10</b>
<b>13</b> Peach French Toast Bake Scrambled Egg Glazed Sweet Potatoes LoCal Syrup Banana	<b>14</b> Hawaiian Turkey Burger / Bun Tator Tots Country Blend Veggies Tropical Fruit	<b>15</b>	<b>16</b> Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	<b>17</b>
<b>20</b> <b>CLOSED</b>	<b>21</b> Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	<b>22</b> Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	<b>23</b> Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Fruit Cocktail	<b>24</b>
<b>27</b> Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	<b>28</b> Orange Chicken White & Wild Rice Blend House Salad / Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick	<b>29</b>	<b>30</b> Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple Dinner Roll	<b>31</b>