Wahpeton Senior Center

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		5			
Chili w/ Beans Baked Potato Applesauce Cornbread	Turkey a la King Fluffy Rice Pacific Blend Veggies - 1 cup Fresh Grapes Biscuit RTB	Manhattan Meatballs Brown Rice House Salad Country Blend Veggies Seasonal Fresh Fruit Bread x1	Caprese Chicken Lemon Dill Orzo Green & Gold Beans - 1 Cup Pears Bread x1	Fish & Chips / Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge Dinner Roll	
10	11	12	13	14	
Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies Peaches Bread x2	Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies - 1 C Potstickers Orange	Spaghetti & Meat Sauce Peas & Carrots Banana Breadstick Parmesan Cheese German Chocolate Cake	French Dip Tator Tots Seasoned Carrots Strawberry Pineapple Cream	Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese and Fruit Banana Bread	
17	18	19	20	21	
Chicken Kiev Parslied Potatoes Green Bean Oregano Blueberries Bread x2	Denver Scramble O'Brien Potatoes Roasted Veggies Banana WG Bagel / Jelly	Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp Dinner Roll	Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad	Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Pineapple Dinner Roll	
24	25	26	27	28	
Lemon Walnut Broccoli - 1 Cup	BBQ Ribs Peas Baked potato / Sour Cream Fruit Cocktail Bread x2	Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2	Chicken & Dumplings Capri Blend Veggies House Salad Strawberries & Yogurt Biscuit	
31					
Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges					

Abercrombie Senior Center

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
Chili w/ Beans Baked Potato	Turkey a la King Fluffy Rice	Fish & Chips / Tartar Sauce Coleslaw			
Applesauce	Pacific Blend Veggies - 1 cup	Tropical Fruit			
Cornbread	Fresh Grapes	Lemon Wedge			
	Biscuit RTB	Dinner Roll			
1	0	11	12	13	14
Sweet & Sour Chicken	Spaghetti & Meat Sauce	Broccoli Cheese Soup / Crackers			
Brown Rice	Peas & Carrots	Coleslaw			
Japanese Stir Fry Veggies - 1 C	Banana	Cottage Cheese and Fruit			
Potstickers	Breadstick	Banana Bread			
Orange	Parmesan Cheese				
	German Chocolate Cake				
1	7	18	19	20	21
Chicken Kiev	Denver Scramble	Mediterranean Baked Fish			
Parslied Potatoes	O'Brien Potatoes	Roasted Red Potatoes			
Green Bean Oregano	Roasted Veggies	Scandinavian Blend Veggies			
Blueberries	Banana	Pineapple			
Bread x2	WG Bagel / Jelly	Dinner Roll			
24	4	25	26	27	28
Grandma's Hotdish	BBQ Ribs	Chicken & Dumplings			
Lemon Walnut Broccoli - 1 Cup	Peas	Capri Blend Veggies			
Blushing Pears	Baked potato / Sour Cream	House Salad			
Breadstick	Fruit Cocktail	Strawberries & Yogurt			
	Bread x2	Biscuit			
3	1				
Sloppy Joe / Bun					
Baked Beans					
Potato Wedges					
Mandarin Oranges					

Hankinson Senior Center

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
	Lemon Dill Orzo Green & Gold Beans - 1 Cup Pears Bread x1	5 Manhattan Meatballs Brown Rice House Salad Country Blend Veggies Seasonal Fresh Fruit Bread x1	6	7 Chili w/ Beans Baked Potato Applesauce Cornbread
	Onion Mashed Potato California Blend Veggies Peaches Bread x2	12 French Dip Tator Tots Seasoned Carrots Banana German Chocolate Cake		14 Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese and Fruit Banana Bread
	Parslied Potatoes Capri Blend Veggies Blueberries	19 Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp Dinner Roll	20 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Pineapple Dinner Roll	21 Closed
	Garden Blend Veggies Baked potato / Sour Cream	26 Grandma's Hotdish Lemon Walnut Broccoli - 1 Cup Blushing Pears Breadstick		28 Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2
31				

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	- 1	WEDNESDAY	THURSDAY		FRIDAY
	3	4	5		6	7
Fish & Chips / Tartar Sauce	Manhattan Meatballs			Caprese Chicken		
Coleslaw	Brown Rice			Lemon Dill Orzo		
Tropical Fruit	House Salad			Green & Gold Beans - 1 Cup		
Lemon Wedge	Country Blend Veggies			Pears		
Dinner Roll	Seasonal Fresh Fruit			Bread x1		
	Bread x1					
	10	11	12		13	14
Beef Tips & Mushroom in Gravy	Sweet & Sour Chicken			French Dip		
Onion Mashed Potato	Brown Rice			Tator Tots		
California Blend Veggies	Japanese Stir Fry Veggies - 1 C			Seasoned Carrots		
Peaches	Potstickers			Strawberry Pineapple Cream		
Bread x2	Orange					
	17	18	19)	20	21
Chielese Kiese	Denver Scramble					
Chicken Kiev				Crispy Beef Tacos		
Parslied Potatoes	O'Brien Potatoes			Chuckwagon Corn		
Green Bean Oregano	Roasted Veggies			Refried Beans		
Blueberries	Banana			Cherry Fruit Salad		
Bread x2	WG Bagel / Jelly					
2	24	25	26	b	27	28
Honey Roast Pork Chop	BBQ Ribs			Country Ham		
Stewed Summer Squash	Peas			Scalloped Potatoes		
Fresh Fruit Salad	Baked potato / Sour Cream			Malibu Blend Veggies		
Hot Spiced Apples	Fruit Cocktail			Deluxe Fruit		
Dinner Roll	Bread x2			Bread x2		
5	31					
Sloppy Joe / Bun						
Baked Beans						
Potato Wedges						
Mandarin Oranges						
<u> </u>						

Wyndmere Senior Center

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
Chili w/ Beans Baked Potato Applesauce Cornbread	3 Turkey a la King Fluffy Rice Pacific Blend Veggies - 1 cup Fresh Grapes Biscuit RTB	4	5	Caprese Chicken Lemon Dill Orzo Green & Gold Beans - 1 Cup Pears Bread x1	6	7
Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies Peaches Bread x2	10 Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies - 1 C Potstickers Orange	11	12	French Dip Tator Tots Seasoned Carrots Strawberry Pineapple Cream	13	14
Chicken Kiev Parslied Potatoes Green Bean Oregano Blueberries Bread x2	17 Denver Scramble O'Brien Potatoes Roasted Veggies Banana WG Bagel / Jelly	18	19	Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad	20	21
Grandma's Hotdish Lemon Walnut Broccoli - 1 Cup Blushing Pears Breadstick	24 BBQ Ribs Peas Baked potato / Sour Cream Fruit Cocktail Bread x2	25	26	Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2	27	28
Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	31					