

March 2025

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 \$11.75 per meal.

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| 3 Chili w/ Beans Baked Potato Applesauce Cornbread | 4 Turkey a la King Fluffy Rice Pacific Blend Veggies - 1 cup Fresh Grapes Biscuit RTB | 5 Manhattan Meatballs Brown Rice House Salad Country Blend Veggies Seasonal Fresh Fruit Bread x1 | 6 Caprese Chicken Lemon Dill Orzo Green & Gold Beans - 1 Cup Pears Bread x1 | 7 Fish & Chips / Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge Dinner Roll |
| 10 Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies Peaches Bread x2 | 11 Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies - 1 C Potstickers Orange | 12 Spaghetti & Meat Sauce Peas & Carrots Banana Breadstick Parmesan Cheese German Chocolate Cake | 13 French Dip Tator Tots Seasoned Carrots Strawberry Pineapple Cream | 14 Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese and Fruit Banana Bread |
| 17 Chicken Kiev Parslied Potatoes Green Bean Oregano Blueberries Bread x2 | 18 Denver Scramble O'Brien Potatoes Roasted Veggies Banana WG Bagel / Jelly | 19 Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp Dinner Roll | 20 Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad | 21 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Pineapple Dinner Roll |
| 24 Grandma's Hotdish Lemon Walnut Broccoli - 1 Cup Blushing Pears Breadstick | 25 BBQ Ribs Peas Baked potato / Sour Cream Fruit Cocktail Bread x2 | 26 Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll | 27 Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2 | 28 Chicken & Dumplings Capri Blend Veggies House Salad Strawberries & Yogurt Biscuit |
| 31 Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges | | | | |

March 2025

Abercrombie Senior Center

553-8759

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 |
|---|--|---|---|---|
| <p style="text-align: right;">3</p> <p>Chili w/ Beans Baked Potato Applesauce Cornbread</p> | <p style="text-align: right;">4</p> <p>Turkey a la King Fluffy Rice Pacific Blend Veggies - 1 cup Fresh Grapes Biscuit RTB</p> | <p style="text-align: right;">5</p> <p>Fish & Chips / Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge Dinner Roll</p> | <p style="text-align: right;">6</p> | <p style="text-align: right;">7</p> |
| <p style="text-align: right;">10</p> <p>Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies - 1 C Potstickers Orange</p> | <p style="text-align: right;">11</p> <p>Spaghetti & Meat Sauce Peas & Carrots Banana Breadstick Parmesan Cheese German Chocolate Cake</p> | <p style="text-align: right;">12</p> <p>Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese and Fruit Banana Bread</p> | <p style="text-align: right;">13</p> | <p style="text-align: right;">14</p> |
| <p style="text-align: right;">17</p> <p>Chicken Kiev Parslied Potatoes Green Bean Oregano Blueberries Bread x2</p> | <p style="text-align: right;">18</p> <p>Denver Scramble O'Brien Potatoes Roasted Veggies Banana WG Bagel / Jelly</p> | <p style="text-align: right;">19</p> <p>Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Pineapple Dinner Roll</p> | <p style="text-align: right;">20</p> | <p style="text-align: right;">21</p> |
| <p style="text-align: right;">24</p> <p>Grandma's Hotdish Lemon Walnut Broccoli - 1 Cup Blushing Pears Breadstick</p> | <p style="text-align: right;">25</p> <p>BBQ Ribs Peas Baked potato / Sour Cream Fruit Cocktail Bread x2</p> | <p style="text-align: right;">26</p> <p>Chicken & Dumplings Capri Blend Veggies House Salad Strawberries & Yogurt Biscuit</p> | <p style="text-align: right;">27</p> | <p style="text-align: right;">28</p> |
| <p style="text-align: right;">31</p> <p>Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges</p> | | | | |

March 2025

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.

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---|---|--|--|
| <p>3</p> | <p>4</p> <p>Caprese Chicken Lemon Dill Orzo Green & Gold Beans - 1 Cup Pears Bread x1</p> | <p>5</p> <p>Manhattan Meatballs Brown Rice House Salad Country Blend Veggies Seasonal Fresh Fruit Bread x1</p> | <p>6</p> | <p>7</p> <p>Chili w/ Beans Baked Potato Applesauce Cornbread</p> |
| <p>10</p> | <p>11</p> <p>Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies Peaches Bread x2</p> | <p>12</p> <p>French Dip Tator Tots Seasoned Carrots Banana German Chocolate Cake</p> | <p>13</p> | <p>14</p> <p>Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese and Fruit Banana Bread</p> |
| <p>17</p> | <p>18</p> <p>Chicken Kiev Parslied Potatoes Capri Blend Veggies Blueberries Bread x2</p> | <p>19</p> <p>Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp Dinner Roll</p> | <p>20</p> <p>Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Pineapple Dinner Roll</p> | <p>21</p> <p>Closed</p> |
| <p>24</p> | <p>25</p> <p>BBQ Ribs Garden Blend Veggies Baked potato / Sour Cream Fruit Cocktail Bread x2</p> | <p>26</p> <p>Grandma's Hotdish Lemon Walnut Broccoli - 1 Cup Blushing Pears Breadstick</p> | <p>27</p> | <p>28</p> <p>Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2</p> |
| <p>31</p> | | | | |

March 2025

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.

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| 3 | 4 | 5 | 6 | 7 |
|---|---|-----------|---|-----------|
| Fish & Chips / Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge Dinner Roll | 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 | |
| 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 | | French Dip Tator Tots Seasoned Carrots Strawberry Pineapple Cream | |
| 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 | | Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad | |
| 24 | 25 | 26 | 27 | 28 |
| Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll | BBQ Ribs Peas Baked potato / Sour Cream Fruit Cocktail Bread x2 | | Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2 | |
| 31 | | | | |
| Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges | | | | |

March 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.

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