

November 2024

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 \$9.00 per meal.  
 All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Apricots Dinner Roll
4 Cheesy Baked Ziti Sicilian Blend Veggies Mixed Berries Breadstick	5 Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fruit Cocktail Bread x2	6 Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	7 Beef Stew Seasoned Peas House Salad Pears WG Biscuit	8 Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries Bread x2
11 <b>CLOSED</b> <b>If you would like to receive a frozen meal, please call the office at 642-3033.</b>	12 Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	<b>13</b> <b>BirthDay Dinner</b> Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange Cheesecake	14 Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2	15 Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine
18 Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	19 Beef Tips in Mushroom Gravy Onion Mashed Potatoes Corn Strawberry Applesauce Bread x2	20 Spaghetti & Meat Sauce Brussels Sprouts Parmesan Cheese Apple Garlic Bread	<b>21</b> <b>THANKSGIVING DINNER</b> Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	22 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Blueberries
25 Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll	26 Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp Bread x2	27 Manhattan Meatballs Brown Rice House Salad Carrots Pineapple Bread x2	28 <b>CLOSED</b> <b>If you would like to receive a frozen meal, please call the office at 642-3033.</b>	29 <b>CLOSED</b> <b>If you would like to receive a frozen meal, please call the office at 642-3033.</b>

# November 2024

# 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 \$9.00 per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>4</b> Cheesy Baked Ziti Sicilian Blend Veggies Mixed Berries Breadstick	<b>5</b> <b>CLOSED</b>	<b>6</b> Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	<b>7</b> Beef Stew Seasoned Peas House Salad Pears WG Biscuit	<b>8</b>
<b>11</b> <b>CLOSED</b>	<b>12</b> Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	<b>13</b> Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2	<b>14</b> Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine	<b>15</b>
<b>18</b> Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	<b>19</b> Beef Tips in Mushroom Gravy Onion Mashed Potatoes Corn Strawberry Applesauce Bread x2	<b>20</b> <b>THANKSGIVING DINNER</b>		<b>22</b>
<b>25</b> Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll	<b>26</b> Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp Bread x2	<b>27</b> Manhattan Meatballs Brown Rice House Salad Carrots Pineapple Bread x2	<b>28</b>	<b>29</b>

**November 2024**

**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 \$9.00 per meal.  
 All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Apricots Dinner Roll <b>1</b>
<b>4</b>	Cheesy Baked Ziti Sicilian Blend Veggies Mixed Berries Breadstick <b>5</b>	Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries Bread x2 <b>6</b>	Beef Stew Seasoned Peas House Salad Pears WG Biscuit <b>7</b>	<b>CLOSED</b> <b>8</b>
<b>11</b>	Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange <b>12</b>	Swiss Steak Cinnamon Sweet Potatoes Romaine & Onion Salad Strawberries Bread x2 <b>13</b>	<b>14</b>	Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine <b>15</b>
<b>18</b>	Spaghetti & Meat Sauce Brussels Sprouts Parmesan Cheese Apple Garlic Bread <b>19</b>	<b>THANKSGIVING DINNER</b> Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll <b>20</b>	<b>21</b>	French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Blueberries <b>22</b>
<b>25</b>	Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2 <b>26</b>	<b>CLOSED</b> Meals on Wheels recipients will receive 2 hot meals on the 26th. If congregate or carry-out participants would like 2 hot meals as well or a frozen meal, please let Sarah know by November 20th <b>27</b>	<b>28</b>	<b>CLOSED</b> <b>29</b>
Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll			<b>CLOSED</b>	<b>CLOSED</b>

**November 2024**

**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 \$9.00 per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>4</b> Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries Bread x2	<b>5</b> Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fruit Cocktail Bread x2	<b>6</b>	<b>7</b> Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	<b>8</b>
<b>11</b> <b>CLOSED</b>	<b>12</b> Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	<b>13</b> Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2	<b>14</b> Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine	<b>15</b>
<b>18</b> Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	<b>19</b> Beef Tips in Mushroom Gravy Onion Mashed Potatoes Corn Strawberry Applesauce Bread x2	<b>20</b>	<b>21</b> <b>THANKSGIVING DINNER</b> Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	<b>22</b>
<b>25</b> Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll	<b>26</b> Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp Bread x2	<b>27</b> Manhattan Meatballs Brown Rice House Salad Carrots Pineapple Bread x2	<b>28</b> <b>CLOSED</b>	<b>29</b> <b>CLOSED</b>

**November 2024**

**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 \$9.00 per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>4</b> Cheesy Baked Ziti Sicilian Blend Veggies Mixed Berries Breadstick	<b>5</b> Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fruit Cocktail Bread x2	<b>6</b>	<b>7</b> Beef Stew Seasoned Peas House Salad Pears WG Biscuit	<b>8</b>
<b>11</b>  <b>CLOSED</b>	<b>12</b> Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	<b>13</b> Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange	<b>14</b> Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2	<b>15</b>
<b>18</b> Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	<b>19</b> Beef Tips in Mushroom Gravy Onion Mashed Potatoes Corn Strawberry Applesauce Bread x2	<b>20</b>	<b>21</b> <b>THANKSGIVING DINNER</b> Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	<b>22</b>
<b>25</b> Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll	<b>26</b> Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp Bread x2	<b>27</b> Manhattan Meatballs Brown Rice House Salad Carrots Pineapple Bread x2	<b>28</b>  <b>CLOSED</b>	<b>29</b>  <b>CLOSED</b>