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.

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

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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	<i>(</i>	RIDAY
					1
	4	5	6	7	8
Cheesy Baked Ziti		Honey Roast Pork Chop	Beef Stew		
Sicilian Blend Veggies	CLOSED	Squash	Seasoned Peas		
Mixed Berries		Fresh Fruit Salad	House Salad		
Breadstick		Hot Spiced Apples	Pears		
	11	Dinner Roll	WG Biscuit	14	45
	Beef Soft Tacos (2)	Swiss Steak	Mushroom Swiss Burg	 	15
	Spanish Rice	Cinnamon Sweet Potato	Tuscan Potato Salad	jer / bull	
CLOSED	Black Beans	Romaine & Onion Salad	Baked Beans		
CLOSED	Salsa	Strawberries	Tangerine		
	Guacamole	Bread x2	rangerine		
	Banana	Dicad X2			
	18	19 THANKSGIVING DINNE	R 20		22
Chicken Kiev	Beef Tips in Mushroom Gravy	Roast Turkey / Gravy			
O'Brien Potatoes	Onion Mashed Potatoes	Mashed Potatoes			
Capri Blend Veggies	Corn	Cranberry Sauce			
Ginger Baked Pears	Strawberry Applesauce	Sage Bread Dressing			
Bread x2	Bread x2	Green Bean Casserole			
		Hot Fruit Compote			
		Pumpkin Pie			
		Dinner Roll			
	25	26	27	28	29
Fish & Chips	Cornflake Chicken	Manhattan Meatballs			
Coleslaw	Company Potatoes	Brown Rice			
Tropical Fruit Cup	Prince Edward Veggies	House Salad			
Tartar Sauce	Peach Crisp	Carrots			
Lemon Wedge	Bread x2	Pineapple			
Ciabatta Roll		Bread x2			

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Apricots Dinner Roll
4	Cheesy Baked Ziti Sicilian Blend Veggies Mixed Berries Breadstick	Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries Bread x2	Beef Stew Seasoned Peas House Salad Pears WG Biscuit	7 CLOSED
11	Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange	Swiss Steak Cinnamon Sweet Potatoes Romaine & Onion Salad Strawberries Bread x2	1	Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine
18		19 THANKSGIVING DINNER 20 Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	2	French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Blueberries
Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll	Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	CLOSED 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		8 CLOSED

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.

MONDAY	TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	
							1
4	1	5	•	6	7	'	8
Stuffed Cabbage Roll	Caprese Chicken				Honey Roast Pork Chop		
Mashed Potatoes	Lemon Dill Orzo				Squash		
Seasoned Zucchini	Green & Gold Beans Fruit Cocktail			- 1 -	Fresh Fruit Salad		
Raspberry Gelatin w/ Raspberries Bread x2	Bread x2				Hot Spiced Apples Dinner Roll		
11		12	13		14	l l	15
1	Beef Soft Tacos (2)		Swiss Steak	- 1	Mushroom Swiss Burger / Bun		15
	Spanish Rice		Cinnamon Sweet Potato		Tuscan Potato Salad		
CLOSED	Black Beans		Romaine & Onion Salad		Baked Beans		
	Salsa		Strawberries	- 1	Tangerine		
	Guacamole		Bread x2				
	Banana						
18		19	20	0	THANKSGIVING DINNER 21		22
Chicken Kiev	Beef Tips in Mushroom Gravy			ļ!	Roast Turkey / Gravy		
O'Brien Potatoes	Onion Mashed Potatoes			- 1	Mashed Potatoes		
Capri Blend Veggies	Corn				Cranberry Sauce		
Ginger Baked Pears	Strawberry Applesauce				Sage Bread Dressing		
Bread x2	Bread x2			- 1	Green Bean Casserole		
					Hot Fruit Compote		
				- 1	Pumpkin Pie		
				-	Dinner Roll		
25		26	27	7	28	3	29
Fish & Chips	Cornflake Chicken		Manhattan Meatballs				
Coleslaw	Company Potatoes		Brown Rice		CLOSED	CLOSED	
Tropical Fruit Cup	Prince Edward Veggies		House Salad				
Tartar Sauce	Peach Crisp		Carrots				
Lemon Wedge	Bread x2		Pineapple				
Ciabatta Roll			Bread x2				

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.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
								1
	4		5		6		7	8
Cheesy Baked Ziti		Caprese Chicken				Beef Stew		
Sicilian Blend Veggies		Lemon Dill Orzo				Seasoned Peas		
Mixed Berries		Green & Gold Beans				House Salad		
Breadstick		Fruit Cocktail				Pears		
		Bread x2				WG Biscuit		
	11	D (C (T (2)	12		13		14	15
		Beef Soft Tacos (2)		Sweet & Sour Chicken		Swiss Steak		
SI 0055		Spanish Rice		Brown Rice		Cinnamon Sweet Potato		
CLOSED		Black Beans		Seasoned Broccoli Florets		Romaine & Onion Salad		
		Salsa		Vegetable Potstickers		Strawberries		
		Guacamole		Mandarin Orange		Bread x2		
	18	Banana	19		20	THANKSGIVING DINNER	2 21	22
Chicken Kiev	- 1	Beef Tips in Mushroom Gravy	19		20	Roast Turkey / Gravy	21	
O'Brien Potatoes		Onion Mashed Potatoes				Mashed Potatoes		
Capri Blend Veggies		Corn				Cranberry Sauce		
Ginger Baked Pears		Strawberry Applesauce				Sage Bread Dressing		
Bread x2		Bread x2				Green Bean Casserole		
Bread X2	l'	bread X2				Hot Fruit Compote		
						Pumpkin Pie		
						Dinner Roll		
	25		26		27	2	28	29
Fish & Chips		Cornflake Chicken		Manhattan Meatballs				
Coleslaw		Company Potatoes		Brown Rice				
Tropical Fruit Cup		Prince Edward Veggies		House Salad		CLOSED		CLOSED
Tartar Sauce		Peach Crisp		Carrots				
Lemon Wedge		Bread x2		Pineapple				
Ciabatta Roll				Bread x2				