MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1		2 3	4	1
Italian Meatballs	Balsamic Blackberry Chicken	Beef Fajita		Chicken Kiev
Tomato Sauce	Tomato Cucumber Salad	Spanish Rice	CLOSED	O'Brien Potatoes
Herbed Penne Pasta	Brown Rice Pilaf	Chuckwagon Corn		Green Bean Oregano
Italian Blend Veggies	Capri Blend Veggies	Chips & Salsa		Grapes
Pears with Vanilla Sauce	Apple	Caramel Custard		Bread x2
Breadstick	Bread x1	Raspberries		
8		BIRTHDAY DINNER 10	11	12
Beef Tips & Mushroom / Gravy	BBQ Pork Chop	Fish Tacos	Tater Tot Casserole	Philly Cheese Chicken Sandwich
Onion Mashed Potato	Southwest Macaroni Salad	Hawaiian Coleslaw	Peas	Potato Wedges
Asparagus	Squash	Black Beans	Peaches	Broccoli
Strawberry Applesauce	Cornbread	Cilantro Cream Sauce / Lettuce	Bread x2	Pineapple
Bread x2	Fresh Plum	Bananas & Oranges		
		Strawberry Cream Pie		
15	1	5 17	18	19
French Dip Sandwich	Ham	Salisbury Steak / Gravy	Jamaican Ribs	Chicken Spaghetti
Red Potatoes / Garlic	Baked Potato	Mashed Potatoes	Tex-Mex Cowboy Caviar	House Salad / Dressing
Sweet & Sour Beets	Country Blend Veggies	Winter Blend Veggies	Parslied Potatoes	Malibu Blend Veggies
Kiwi	Banana	Cherry Fruit Salad	Potato Roll	Breadstick
	Bread x2	Bread x2	Fruit Cocktail	Peach Crisp
22	2	-		1
Potato Chive Crusted Cod	Meatloaf / Brown Gravy	Garlic Steak Bites	Grilled Chicken Breast	Hawaiian Turkey Burger / Bun
Cheesy Hashbrowns	Mashed Potatoes	Glazed Sweet Potatoes	Potato Salad	Tator Tots
Savory Carrots	Brussel Sprouts	Broccoli w/Onions& Peppers	Herbed Green Beans	Corn Cobbette
Cinnamon Applesauce	Ciabatta Roll	Blueberries	Cantaloupe	Strawberries
Bread x2	Minted Pears	Bread x2	Bread x2	
29	I control of the cont	_		
Grandma's Hotidsh	Crispy Pork Loin	Grilled Salmon		
Zucchini	White & Wild Rice Blend	Baked Potato		
Watermelon	Marinated Cucumbers	Cauliflower		
Breadstick	Sicilian Blend Veggies	Orange		
	Tropical Fruit	Bread x2		
	Bread			

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
1		2	3	4	5
Italian Meatballs	Balsamic Blackberry Chicken		Beef Fajita		
Tomato Sauce	Tomato Cucumber Salad		Spanish Rice		
Herbed Penne Pasta	Brown Rice Pilaf		Chuckwagon Corn		
Italian Blend Veggies	Capri Blend Veggies		Chips & Salsa		
Pears with Vanilla Sauce	Apple		Caramel Custard		
Breadstick	Bread x1		Raspberries		
8		9	10	11	12
Beef Tips & Mushroom / Gravy	BBQ Pork Chop		Philly Cheese Chicken Sandwich		
Onion Mashed Potato	Southwest Macaroni Salad		Potato Wedges		
Asparagus	Squash		Broccoli		
Strawberry Applesauce	Cornbread		Pineapple		
Bread x2	Fresh Plum				
15		16	17	18	19
French Dip Sandwich	Chicken Spaghetti		Salisbury Steak / Gravy		
Red Potatoes / Garlic	House Salad / Dressing		Mashed Potatoes		
Sweet & Sour Beets	Malibu Blend Veggies		Winter Blend Veggies		
Kiwi	Breadstick		Cherry Fruit Salad		
	Peach Crisp		Bread x2		
22		23	24	25	26
Potato Chive Crusted Cod	Meatloaf / Brown Gravy		Hawaiian Turkey Burger / Bun		
Cheesy Hashbrowns	Mashed Potatoes		Tator Tots		
Savory Carrots	Brussel Sprouts		Corn Cobbette		
Cinnamon Applesauce	Ciabatta Roll		Strawberries		
Bread x2	Minted Pears				
29		30	31		
Grandma's Hotidsh	Crispy Pork Loin		Grilled Salmon		
Zucchini	White & Wild Rice Blend		Baked Potato		
Watermelon	Marinated Cucumbers		Cauliflower		
Breadstick	Sicilian Blend Veggies		Orange		
	Tropical Fruit		Bread x2		
	Bread				

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
Meals on Wheels Only 1	Meals on Wheels Only 2	Meals on Wheels Only 3	3	4	5
Italian Meatballs	Balsamic Blackberry Chicken	Beef Fajita			
Tomato Sauce	Tomato Cucumber Salad	Spanish Rice		HOLIDAY	CLOSED
Herbed Penne Pasta	Brown Rice Pilaf	Chuckwagon Corn			
Italian Blend Veggies	Capri Blend Veggies	Chips & Salsa			
Pears with Vanilla Sauce	Apple	Caramel Custard			
Breadstick	Bread x1	Raspberries			
8	Meals on Wheels Only 9	:	10	11	12
	BBQ Pork Chop	Tater Tot Casserole			Beef Tips & Mushroom / Gravy
	Southwest Macaroni Salad	Peas			Onion Mashed Potato
	Squash	Peaches			Asparagus
	Cornbread	Bread x2			Strawberry Applesauce
	Fresh Plum				Bread x2
15	Meals on Wheels Only 16		17	18	19
	Ham	Ham			Jamaican Ribs
	Baked Potato	Baked Potato			Tex-Mex Cowboy Caviar
	Country Blend Veggies	Country Blend Veggies			Parslied Potatoes
	Banana	Banana			Potato Roll
	Bread x2	Bread x2			Fruit Cocktail
22	Meals on Wheels Only 23		24	25	26
	Meatloaf / Brown Gravy	Potato Chive Crusted Cod			Garlic Steak Bites
	Mashed Potatoes	Cheesy Hashbrowns			Glazed Sweet Potatoes
	Brussel Sprouts	Savory Carrots			Broccoli w/Onions & Peppers
	Ciabatta Roll	Cinnamon Applesauce			Blueberries
	Minted Pears	Bread x2			Bread x2
29	Meals on Wheels Only 30		31	Please Note:	_
	Crispy Pork Loin	BBQ Pork Chop	There will be NO congregate or carry-out meals on July 1st, 2nd, or		ry-out mode on July 1st 2nd or
	White & Wild Rice Blend	Southwest Macaroni Salad		3rd.	
	Marinated Cucumbers	Squash		Until a cook is hired in Hankinson,	there will be NO congregate or
	Sicilian Blend Veggies	Cornbread		carry-out meals on Tuesdays, but r	neals will be available Wednesdays
	Tropical Fruit	Fresh Plum		and Fridays. Meals on Wheels recip	
	Bread			delivered Tuesday, Wednesday & F	riday.

## **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		2		3		4	5
Italian Meatballs	Balsamic Blackberry Chicker	า	Chicken Kiev				
Tomato Sauce	Tomato Cucumber Salad		O'Brien Potatoes		CLOSED		
Herbed Penne Pasta	Brown Rice Pilaf		Green Bean Oregano				
Italian Blend Veggies	Capri Blend Veggies		Grapes				
Pears with Vanilla Sauce	Apple		Bread x2				
Breadstick	Bread x1						
8		9		10		11	12
Beef Tips & Mushroom / Gravy	BBQ Pork Chop				Salisbury Steak / Gravy		
Onion Mashed Potato	Southwest Macaroni Salad				Mashed Potatoes		
Asparagus	Squash				Winter Blend Veggies		
Strawberry Applesauce	Cornbread				Cherry Fruit Salad		
Bread x2	Fresh Plum				Bread x2		
15		16		17		18	19
French Dip Sandwich	Ham				Jamaican Ribs		
Red Potatoes / Garlic	Baked Potato				Tex-Mex Cowboy Caviar		
Sweet & Sour Beets	Country Blend Veggies				Parslied Potatoes		
Kiwi	Banana				Potato Roll		
	Bread x2				Fruit Cocktail		
22		23		24		25	26
Potato Chive Crusted Cod	Meatloaf / Brown Gravy				Grilled Chicken Breast		
Cheesy Hashbrowns	Mashed Potatoes				Potato Salad		
Savory Carrots	Brussel Sprouts				Herbed Green Beans		
Cinnamon Applesauce	Ciabatta Roll				Cantaloupe		
Bread x2	Minted Pears				Bread x2		
29		30		31			
Grandma's Hotidsh	Crispy Pork Loin						
Zucchini	White & Wild Rice Blend						
Watermelon	Marinated Cucumbers						
Breadstick	Sicilian Blend Veggies						
	Tropical Fruit						
	Bread						

MONDAY	TUESDAY	WEDNESDAY		THURSDAY		FRIDAY
1	L	2	3		4	5
Italian Meatballs	Balsamic Blackberry Chicken	Beef Fajita				
Tomato Sauce	Tomato Cucumber Salad	Spanish Rice		CLOSED		
Herbed Penne Pasta	Brown Rice Pilaf	Chuckwagon Corn				
Italian Blend Veggies	Capri Blend Veggies	Chips & Salsa				
Pears with Vanilla Sauce	Apple	Caramel Custard				
Breadstick	Bread x1	Raspberries				
	4	9	10		11	12
Beef Tips & Mushroom / Gravy	BBQ Pork Chop			Tater Tot Casserole		
Onion Mashed Potato	Southwest Macaroni Salad			Peas		
Asparagus	Squash			Peaches		
Strawberry Applesauce	Cornbread			Bread x2		
Bread x2	Fresh Plum					
15	5	16	17		18	19
French Dip Sandwich	Ham			Jamaican Ribs		
Red Potatoes / Garlic	Baked Potato			Tex-Mex Cowboy Caviar		
Sweet & Sour Beets	Country Blend Veggies			Parslied Potatoes		
Kiwi	Banana			Potato Roll		
	Bread x2			Fruit Cocktail		
22		23	24		25	26
Potato Chive Crusted Cod	Meatloaf / Brown Gravy			Grilled Chicken Breast		
Cheesy Hashbrowns	Mashed Potatoes			Potato Salad		
Savory Carrots	Brussel Sprouts			Herbed Green Beans		
Cinnamon Applesauce	Ciabatta Roll			Cantaloupe		
Bread x2	Minted Pears			Bread x2		
29	1	30	31			
Grandma's Hotidsh	Crispy Pork Loin					
Zucchini	White & Wild Rice Blend					
Watermelon	Marinated Cucumbers					
Breadstick	Sicilian Blend Veggies					
	Tropical Fruit					
	Bread x1					