

**July 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.**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick	<b>2</b> Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies Apple Bread x1	<b>3</b> Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries	<b>4</b> <b>CLOSED</b>	<b>5</b> Chicken Kiev O'Brien Potatoes Green Bean Oregano Grapes Bread x2
<b>8</b> Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2	<b>9</b> BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum	<b>10</b> <b>BIRTHDAY DINNER</b> Fish Tacos Hawaiian Coleslaw Black Beans Cilantro Cream Sauce / Lettuce Bananas & Oranges Strawberry Cream Pie	<b>11</b> Tater Tot Casserole Peas Peaches Bread x2	<b>12</b> Philly Cheese Chicken Sandwich Potato Wedges Broccoli Pineapple
<b>15</b> French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Kiwi	<b>16</b> Ham Baked Potato Country Blend Veggies Banana Bread x2	<b>17</b> Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	<b>18</b> Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail	<b>19</b> Chicken Spaghetti House Salad / Dressing Malibu Blend Veggies Breadstick Peach Crisp
<b>22</b> Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2	<b>23</b> Meatloaf / Brown Gravy Mashed Potatoes Brussel Sprouts Ciabatta Roll Minted Pears	<b>24</b> Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries Bread x2	<b>25</b> Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe Bread x2	<b>26</b> Hawaiian Turkey Burger / Bun Tator Tots Corn Cobbette Strawberries
<b>29</b> Grandma's Hotidsh Zucchini Watermelon Breadstick	<b>30</b> Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical Fruit Bread	<b>31</b> Grilled Salmon Baked Potato Cauliflower Orange Bread x2		

**July 2024**

**Abercrombie Senior Center**

**553-8759**

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

**July 2024**

**Hankinson Senior Center**

**242-7742**

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

**July 2024**

**Lidgerwood Senior Center**

**538-4602**

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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick	<b>2</b> Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies Apple Bread x1	<b>3</b> Chicken Kiev O'Brien Potatoes Green Bean Oregano Grapes Bread x2	<b>4</b> <b>CLOSED</b>	<b>5</b>
<b>8</b> Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2	<b>9</b> BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum	<b>10</b>	<b>11</b> Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	<b>12</b>
<b>15</b> French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Kiwi	<b>16</b> Ham Baked Potato Country Blend Veggies Banana Bread x2	<b>17</b>	<b>18</b> Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail	<b>19</b>
<b>22</b> Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2	<b>23</b> Meatloaf / Brown Gravy Mashed Potatoes Brussel Sprouts Ciabatta Roll Minted Pears	<b>24</b>	<b>25</b> Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe Bread x2	<b>26</b>
<b>29</b> Grandma's Hotidsh Zucchini Watermelon Breadstick	<b>30</b> Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical Fruit Bread	<b>31</b>		

**July 2024**

**Wyndmere Senior Center**

**439-2907**

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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick	<b>2</b> Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies Apple Bread x1	<b>3</b> Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries	<b>4</b> <b>CLOSED</b>	<b>5</b>
<b>8</b> Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2	<b>9</b> BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum	<b>10</b>	<b>11</b> Tater Tot Casserole Peas Peaches Bread x2	<b>12</b>
<b>15</b> French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Kiwi	<b>16</b> Ham Baked Potato Country Blend Veggies Banana Bread x2	<b>17</b>	<b>18</b> Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail	<b>19</b>
<b>22</b> Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2	<b>23</b> Meatloaf / Brown Gravy Mashed Potatoes Brussel Sprouts Ciabatta Roll Minted Pears	<b>24</b>	<b>25</b> Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe Bread x2	<b>26</b>
<b>29</b> Grandma's Hotidsh Zucchini Watermelon Breadstick	<b>30</b> Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical Fruit Bread x1	<b>31</b>		