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, which is the full cost of the meal.

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

MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	2	3		4		5		6
CLOSED	Sloppy Joe / Bun		Country Fried Steak / Gravy		Chicken Monterey		Taco Casserole	
	Peas		Rosemary Potatoes		Brown Rice		Spanish Rice	
	Tator Tots		Parslied Carrots		Prince Edward Veggie		Refried Beans	
	Tropical Fruit		Banana		Watermelon		Whole Kernel Corn	
			Bread x1		Breadstick		Peaches	
	9	10		11		12		13
Oven Fried Chicken	Swedish Meatballs		BBQ Pork Ribs		Cheeseburger		Baked Fish / Dill Sauce	
Chive Mashed Potatoes	TriColor Rotini		Cheesy Hashborwns		Dijon Red Potatoes		Italian Pasta Salad	
Seasoned Green Beans	House Salad		Carrots		Squash		Italian Blend Veggies	
Peaches	California Blend Veggies		Corn Muffin		Whole Pear		Apple	
Cornbread	Cranberry Velvet		Angel Food Cake				Breadstick	
Poultry Gravy	Roll		Berries / whip					
1		17		18		19		20
French Dip Sandwich	Teriyaki Chicken		Garlic Steak Bites		Italian Pasta Bake		Chicken BLT Salad	
Red Potatoes / Garlic	Seasame Brown Rice		Glazed Sweet Potatoes		House Salad		Fruit Cocktail	
Sweet & Sour Beets	Asian Blend Veggies		Broccoli w/Onions& Peppers		Capril Blend Veggies		Bread x2	
Applesauce	Vegtable Egg Roll		Blueberries		Grapes			
	Peach Crisp		Bread x2		Bread x1			
2		24	I I	25		26		27
BBQ Meatloaf	Honey Roast Pork Chop		Roast Beef & Gravy		Herbed Fish		Stuffed Peppers	
Baked Potato	Stewed Tomatoes		Roasted Red Potatoes		Potatoes & Onions		Tomato Sauce	
Baked Beans	Fresh Fruit Salad		Zucchini		Key Biscayne Blend Veggies		Mashed Potatoes	
Orange	Hot Spiced Apples		Cherries		CranApple Cobbler		Pineapple	
	WW Dinner Roll		Bread x2		Bread x1		Breadstick	
3	0							
Parmesan Chicken								
Pasta / Marinara								
Caribbean Blend Veggies								
Garlic Bread								
Cantaloupe								

September 2024

Wyndmere Senior Center

439-2907

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TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			6
Sloppy Joe / Bun	Country Fried Steak / Gravy	Chicken Monterey	
Peas	Rosemary Potatoes	Brown Rice	
Tator Tots	Parslied Carrots	Prince Edward Veggie 1 cup	
Tropical Fruit	Banana	Watermelon	
	Bread x1	Breadstick	
	0 11		13
TriColor Rotini		Dijon Red Potatoes	
House Salad		Squash	
California Blend Veggies		Whole Pear	
Cranberry Velvet			
Roll			
1	7 18	19	20
Teriyaki Chicken		Italian Pasta Bake	
Seasame Brown Rice		House Salad	
Asian Blend Veggies		Capril Blend Veggies	
Vegtable Egg Roll		Grapes	
Peach Crisp		Bread x1	
2	4 25	26	27
Honey Roast Pork Chop		Herbed Fish	
Stewed Tomatoes		Potatoes & Onions	
Fresh Fruit Salad		Key Biscayne Blend Veggies	
Hot Spiced Apples		CranApple Cobbler	
Dinner Roll		Bread x1	
	Sloppy Joe / Bun Peas Tator Tots Tropical Fruit Swedish Meatballs TriColor Rotini House Salad California Blend Veggies Cranberry Velvet Roll Teriyaki Chicken Seasame Brown Rice Asian Blend Veggies Vegtable Egg Roll Peach Crisp 2 Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples	Sloppy Joe / Bun Peas Tator Tots Tropical Fruit Swedish Meatballs TriColor Rotini House Salad California Blend Veggies Cranberry Velvet Roll Teriyaki Chicken Seasame Brown Rice Asian Blend Veggies Vegtable Egg Roll Peach Crisp 24 Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples	Sloppy Joe / Bun Peas Tator Tots Tropical Fruit 10 Swedish Meatballs TriColor Rotini House Salad California Blend Veggies Cranberry Velvet Roll 17 Teriyaki Chicken Seasame Brown Rice Asian Blend Veggies Vegtable Egg Roll Peach Crisp 24 Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples 5 Chicken Monterey Brown Rice Prince Edward Veggie 1 cup Watermelon Breadstick 11 12 Cheeseburger Dijon Red Potatoes Squash Whole Pear 13 14 Chicken Monterey Brown Rice Prince Edward Veggie 1 cup Watermelon Breadstick 12 Cheeseburger Dijon Red Potatoes Squash Whole Pear 14 15 16 17 18 19 Italian Pasta Bake House Salad Capril Blend Veggies Grapes Bread x1 24 Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples Chicken Monterey Brown Rice Prince Edward Veggie 1 cup Watermelon Breadstick Pijon Red Potatoes Squash Whole Pear 24 Cheeseburger Dijon Red Potatoes Squash Whole Pear 25 4 26 Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies CranApple Cobbler

September 2024

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.

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MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
2		3		4		5	6
CLOSED	Sloppy Joe / Bun		Country Fried Steak / Gravy		Chicken Monterey		
	Peas		Rosemary Potatoes		Brown Rice		
	Tator Tots		Parslied Carrots		Prince Edward Veggie		
	Tropical Fruit		Banana		Watermelon		
		_	Bread x1	_	Breadstick		
9		10	11	1		12	13
Swedish Meatballs	Cheeseburger		Baked Fish / Dill Sauce				
TriColor Rotini	Dijon Red Potatoes	- 1	Italian Pasta Salad				
House Salad	Squash		Italian Blend Veggies				
California Blend Veggies	Whole Pear		Apple				
Cranberry Velvet			Breadstick				
Roll							
16		17	18	8		19	20
Teriyaki Chicken	Italian Pasta Bake	- 1	Chicken BLT Salad				
Seasame Brown Rice	House Salad	- 1	Fruit Cocktail				
Asian Blend Veggies	Capril Blend Veggies		Bread x2				
Vegtable Egg Roll	Grapes						
Peach Crisp 23	Bread x1	24	21			26	27
_		24	25 Ctuffed Departs	٥		26	27
BBQ Meatloaf Baked Potato	Honey Roast Pork Chop Stewed Tomatoes		Stuffed Peppers Tomato Sauce				
Baked Beans	Fresh Fruit Salad	- 1	Mashed Potatoes				
Orange	Hot Spiced Apples	- 1	Pineapple				
Orange	Dinner Roll		Breadstick				
30			Diedustick	\dashv			
Parmesan Chicken							l
Pasta / Marinara							
Caribbean Blend Veggies Garlic Bread							
Cantaloupe							

September 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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	MEALS ON WHEELS ONLY 3	4	5	6	
	Sloppy Joe / Bun	Country Fried Steak / Gravy		Taco Casserole	
	Peas	Rosemary Potatoes		Spanish Rice	
	Tator Tots	Parslied Carrots		Refried Beans	
	Tropical Fruit	Banana		Whole Kernel Corn	
		Bread x1		Peaches	
9	MEALS ON WHEELS ONLY 1	0 11	12	13	
	House Salad	BBQ Pork Ribs		Baked Fish / Dill Sauce	
	Swedish Meatballs	Cheesy Hashborwns		Italian Pasta Salad	
	TriColor Rotini	Carrots		Italian Blend Veggies	
	California Blend Veggies	Corn Muffin		Apple	
	Cranberry Velvet	Angel Food Cake		Breadstick	
	Roll	Berries w/ whip			
16	MEALS ON WHEELS ONLY 1	7 18	19	20	
	Teriyaki Chicken	Garlic Steak Bites		Chicken BLT Salad	
	Seasame Brown Rice	Glazed Sweet Potatoes		Fruit Cocktail	
	Asian Blend Veggies	Broccoli w/Onions& Peppers		Bread x2	
	Vegtable Egg Roll	Blueberries			
	Peach Crisp	Bread x2			
23	MEALS ON WHEELS ONLY 2	4 25	26	27	
	Honey Roast Pork Chop	Roast Beef & Gravy		Stuffed Peppers	
	Stewed Tomatoes	Roasted Red Potatoes		Tomato Sauce	
	Fresh Fruit Salad	Zucchini		Mashed Potatoes	
	Hot Spiced Apples	Cherries		Pineapple	
	Dinner Roll	Bread x2		Breadstick	
30					
			Please Note:	About will be NO comment on the second	
			Until a cook is hired in Hankinson, there will be NO congregate or carry-out meals on Tuesdays, but meals will be available on Wednesdays and Fridays.		
			Meals on Wheels recipients will continue to get a meal delivered Tuesdays,		
			Wednesdays, and Fridays.	ontinue to get a mear active ear raesuays,	

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

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
2		3	4		5 6
CLOSED	Sloppy Joe / Bun			Country Fried Steak / Gravy	
	Peas			Rosemary Potatoes	
	Tator Tots			Parslied Carrots	
	Tropical Fruit			Banana	
	·			Bread x1	
9		10	11	1	2 13
Oven Fried Chicken	Swedish Meatballs			Baked Fish / Dill Sauce	
Chive Mashed Potatoes	TriColor Rotini			Italian Pasta Salad	
Seasoned Green Beans	House Salad			Italian Blend Veggies	
Peaches	California Blend Veggies			Apple	
Cornbread	Cranberry Velvet			WG Breadstick	
Poultry Gravy	WW Roll				
16		17	18	1	9 20
French Dip Sandwich	Teriyaki Chicken			Chicken BLT Salad	
Red Potatoes / Garlic	Seasame Brown Rice			Fruit Cocktail	
Sweet & Sour Beets	Asian Blend Veggies			Bread x2	
Applesauce	Vegtable Egg Roll				
	Peach Crisp				
23	•	24	25	2	6 27
BBQ Meatloaf	Honey Roast Pork Chop			Stuffed Peppers	
Baked Potato	Stewed Tomatoes			Tomato Sauce	
Baked Beans	Fresh Fruit Salad			Mashed Potatoes	
	Hot Spiced Apples			Pineapple	
	WW Dinner Roll			Breadstick	
30					
Parmesan Chicken					
Pasta / Marinara					
Caribbean Blend Veggies					
Garlic Bread					
Cantaloupe					