

September 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, which is the full cost of the meal.
All meals include 1% milk. Menus are subject to change.**

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

September 2024

Wyndmere Senior Center

439-2907

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 2	3 Sloppy Joe / Bun Peas Tator Tots Tropical Fruit	4 Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana Bread x1	5 Chicken Monterey Brown Rice Prince Edward Veggie 1 cup Watermelon Breadstick	6
9 Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches Cornbread Poultry Gravy	10 Swedish Meatballs TriColor Rotini House Salad California Blend Veggies Cranberry Velvet Roll	11	12 Cheeseburger Dijon Red Potatoes Squash Whole Pear	13
16 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce	17 Teriyaki Chicken Seasame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	18	19 Italian Pasta Bake House Salad Capril Blend Veggies Grapes Bread x1	20
23 BBQ Meatloaf Baked Potato Baked Beans Orange	24 Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples Dinner Roll	25	26 Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies CranApple Cobbler Bread x1	27
30 Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies Garlic Bread Cantaloupe				

September 2024

Abercrombie Senior Center

553-8759

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 2	3 Sloppy Joe / Bun Peas Tator Tots Tropical Fruit	4 Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana Bread x1	5 Chicken Monterey Brown Rice Prince Edward Veggie Watermelon Breadstick	6
9 Swedish Meatballs TriColor Rotini House Salad California Blend Veggies Cranberry Velvet Roll	10 Cheeseburger Dijon Red Potatoes Squash Whole Pear	11 Baked Fish / Dill Sauce Italian Pasta Salad Italian Blend Veggies Apple Breadstick	12	13
16 Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	17 Italian Pasta Bake House Salad Capril Blend Veggies Grapes Bread x1	18 Chicken BLT Salad Fruit Cocktail Bread x2	19	20
23 BBQ Meatloaf Baked Potato Baked Beans Orange	24 Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples Dinner Roll	25 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick	26	27
30 Parmesan Chicken 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 Sloppy Joe / Bun Peas Tator Tots Tropical Fruit	4 Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana Bread x1	5	6 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Peaches
9	MEALS ON WHEELS ONLY 10 House Salad Swedish Meatballs TriColor Rotini California Blend Veggies Cranberry Velvet Roll	11 BBQ Pork Ribs Cheesy Hashborwns Carrots Corn Muffin Angel Food Cake Berries w/ whip	12	13 Baked Fish / Dill Sauce Italian Pasta Salad Italian Blend Veggies Apple Breadstick
16	MEALS ON WHEELS ONLY 17 Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	18 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries Bread x2	19	20 Chicken BLT Salad Fruit Cocktail Bread x2
23	MEALS ON WHEELS ONLY 24 Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples Dinner Roll	25 Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries Bread x2	26	27 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick
30			<p>Please Note: 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.</p>	

September 2024

Lidgerwood Senior Center

538-4602

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 2	3 Sloppy Joe / Bun Peas Tator Tots Tropical Fruit	4	5 Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana Bread x1	6
9 Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches Cornbread Poultry Gravy	10 Swedish Meatballs TriColor Rotini House Salad California Blend Veggies Cranberry Velvet WW Roll	11	12 Baked Fish / Dill Sauce Italian Pasta Salad Italian Blend Veggies Apple WG Breadstick	13
16 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce	17 Teriyaki Chicken Seasame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	18	19 Chicken BLT Salad Fruit Cocktail Bread x2	20
23 BBQ Meatloaf Baked Potato Baked Beans Orange	24 Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples WW Dinner Roll	25	26 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick	27
30 Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies Garlic Bread Cantaloupe				