

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 \$11.75 per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Broccoli Cheese Soup / Crackers Steak Cobb Salad Apricots Breadstick	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Whole Orange Bread x2	3 Braised Pork Chop Roasted Potatoes Roasted Brussels Sprouts Peaches Bread x2	4 Philly Cheese Chicken Sandwich Tater Tots Beets Fruit Cocktail
7 Egg & Sausage Bake Hash Browns Asparagus Almondine Banana Bread x 2 Jelly	8 Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	9 Birthday Dinner Stuffed Shells / Sauce House Salad Malibu Blend Veggies Fresh Fruit Breadstick Chocolate Cake	10 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate	11 Beef Fajita Spanish Rice Fajita Blend Veggies Chips & Salsa Caramel Custard Raspberries
14 Hot Dog / Bun French Fries Baked Beans Blushing Pears	15 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	16 Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit	17 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	18 Pulled BBQ Chicken Ranch Beans Corn Cornbread Fresh Strawberries
21 Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tarter Sauce	22 Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp Bread x2	23 Ham Baked Potato Peas & Onions Tropical Fruit Bread x2	24 Chicken & Wild Rice Casserole Brussels Sprouts & Tomatoes Whole Pear Breadstick	25 Beef & Broccoli Fluffy Rice Japanese Stir Fry Veggies Vegetable Egg Roll Honeydew
28 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Ciabatta Roll Cinnamon Bananas	29 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges Bread x2	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake Bread x2	31 Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick Apple	

October 2024

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.
Under 60 is a charge of \$11.75 per meal.
All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Broccoli Cheese Soup / Crackers Steak Cobb Salad Apricots Breadstick	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Whole Orange Bread x2	3	4
7 Beef Fajita Spanish Rice Fajita Blend Veggies Chips & Salsa Caramel Custard Raspberries	8 Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	9 Stuffed Shells / Sauce House Salad Malibu Blend Veggies Fresh Fruit Breadstick Chocolate Cake	10	11
14 Hot Dog / Bun French Fries Baked Beans Blushing Pears	15 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	16 Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit	17	18
21 Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tarter Sauce	22 Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp Bread x2	23 Chicken & Wild Rice Casserole Brussels Sprouts & Tomatoes Whole Pear Breadstick	24	25
28 Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick Apple	29 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges Bread x2	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake Bread x2	31	

October 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.

Under 60 is a charge of \$11.75 per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Broccoli Cheese Soup / Crackers Steak Cobb Salad Apricots Breadstick	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Whole Orange Bread x2	3	4 Philly Cheese Chicken Sandwich Tator Tots Beets Fruit Cocktail
7	8 Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	9 Stuffed Shells / Sauce House Salad Malibu Blend Veggies Fresh Fruit Breadstick Chocolate Cake	10	11 Beef Fajita Spanish Rice Fajita Blend Veggies Chips & Salsa Caramel Custard Raspberries
14	15 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	16 Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit	17	18 Pulled BBQ Chicken Ranch Beans Corn Cornbread Fresh Strawberries
21	22 Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp Bread x2	23 Ham Baked Potato Peas & Onions Tropical Fruit Bread x2	24	25 Beef & Broccoli Fluffy Rice Japanese Stir Fry Veggies Vegetable Egg Roll Honeydew
28	29 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges Bread x2	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake Bread x2	31	

October 2024

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 \$11.75 per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Broccoli Cheese Soup / Crackers Steak Cobb Salad Whole Orange Breadstick	2	3 Braised Pork Chop Roasted Potatoes Roasted Brussels Sprouts Peaches Bread x2	4
7 Egg & Sausage Bake Hash Browns Asparagus Almondine Banana Bread x 2 Jelly	8 Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	9	10 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate	11
14 Hot Dog / Bun French Fries Baked Beans Blushing Pears	15 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	16	17 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	18
21 Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tarter Sauce	22 Ham Baked Potato Peas & Onions Tropical Fruit Bread x2	23	24 Chicken & Wild Rice Casserole Brussels Sprouts & Tomatoes Whole Pear Breadstick	25
28 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake Bread x2	29 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges Bread x2	30	31 Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick Apple	

October 2024

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 \$11.75 per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Broccoli Cheese Soup / Crackers Steak Cobb Salad Apricots Breadstick	2	3 Braised Pork Chop Roasted Potatoes Roasted Brussels Sprouts Peaches Bread x2	4
7 Egg & Sausage Bake Hash Browns Asparagus Almondine Banana Bread x 2 Jelly	8 Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	9	10 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate	11
14 Hot Dog / Bun French Fries Baked Beans Blushing Pears	15 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	16	17 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	18
21 Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tarter Sauce	22 Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp Bread x2	23	24 Chicken & Wild Rice Casserole Brussels Sprouts & Tomatoes Whole Pear Breadstick	25
28 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Ciabatta Roll Cinnamon Bananas	29 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges Bread x2	30	31 Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick Apple	