Wahpeton Senior Center

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.

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

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.

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

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.

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

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.

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

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.

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
		Broccoli Cheese Soup / Crackers Steak Cobb Salad Apricots Breadstick	1		Braised Pork Chop Roasted Potatoes Roasted Brussels Sprouts Peaches Bread x2	4
Egg & Sausage Bake Hash Browns Asparagus Almondine Banana Bread x 2 Jelly	7	Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	8		Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate	
Hot Dog / Bun French Fries Baked Beans Blushing Pears		Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	5		Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	18
Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tarter Sauce		Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp Bread x2		23	Chicken & Wild Rice Casserole Brussels Sprouts & Tomatoes Whole Pear Breadstick	
Pork Wings Au Gratin Potatoes Seasoned Snow Peas Ciabatta Roll Cinnamon Bananas	28	Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges Bread x2	9		Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick Apple	