HILLSBORO MENU (701-636-5954)

SEE PAGES 6-7 FOR ALL SITE MENUS-INFO ON ORDERING A MEAL FOR ALL SITES ON PAGE 2

MEALS ON WHEELS & TAKE OUT/ MEALS AT CENTERS

Suggested donation $4.00 a meal for people 60+ and spouse of 60+;UNDER 60 IS A CHARGE OF $11.75 PER MEAL

Please call 701-636-5954 one day in advance by 2 pm Tuesday through Friday to reserve a meal (for Monday call by 2pm Friday)

ALL MEALS INCLUDE 8oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	**04**	**05**	**06**	**07**
French Dip Tator Tots Seasoned Carrots Pear	Braised Pork Chop Roasted Red Potatoes Herbed Green Beans Watermelon - 1 Cup Wheat Bread x 2	Swedish Meatballs Whipped Potatoes Peas with Dill Cherries Wheat Bread x2	Lasagna Cheese Rollup Caprese Salad Squash Medley Strawberries Whole Grain Garlic Toast	Chicken & Wild Rice Casserole Garden Blend Veggies Banana Wheat Roll
10	**11**	**12**	**13**	**14**
Pulled Pork on Bun Corn Stew Blend Veggies Oranges & Pineapple	Chicken Florentine Cabbage & Noodles Parsley Cauliflower Fresh Grapes Whole Grain Bread Stick	BBQ Beef Shortribs Company Potatoes Calico Beans Mixed Berries w/ Whip Lemon Bars Wheat Bread x 2	Pesto Turkey Mediterranean Orzo Prince Edward Veggies Wheat Roll	Potato Chive Crusted Cod Cheesy Hashbrowns Brussels Sprouts Cinnamon Applesauce Wheat Bread
17	**18**	**19**	**20**	**21**
Parmesan Chicken Herbed Penne Pasta w/ Marinara Italian Veggie Blend Tropical Fruit Salad Whole Grain Breadstick	Egg Salad Sandwich on Wheat Tomato Wedges Soft Marinated Broccoli Cottage Cheese & Diced Melon	Bacon Cheeseburger Salad Tuscan Bread Croutons Dressing Banana Breadstick	Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi Wheat Dinner Roll	Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp Dinner Roll
24	**25**	**26**	**27**	**28**
Pork Wings Scalloped Potatoes Sweet/Savory Veg Blend Mandarin Oranges	Italian Baked Fish Lemon Dill Orzo Brussels Sprouts & Tomatoes Chilled Fruit Salad Wheat Bread	Beef Marzetti Peas & Carrots House Salad w/ Dressing Fruit Cocktail in Whip Topping Garlic Bread	Chicken Chow Mein Brown Rice Oriental Blend Veggies Cinnamon Pears Wheat Dinner Roll	BBQ Meatloaf Roasted Red Potatoes Southwest Corn Watermelon
31				
Macaroni Hotdish Seasoned Zucchini Green & Gold Beans Deluxe Mixed Fruit Wheat Bread				

06 MAYVILLE (701-788-3453)-PORTLAND (701-788-3410)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 French Dip Tator Tots Seasoned Carrots Pear	**04** Braised Pork Chop Roasted Red Potatoes Herbed Green Beans Watermelon	**05** Swedish Meatballs Whipped Potatoes Peas with Dill Cherries	**06** Lasagna Cheese Rollup Caprese Salad Squash Medley Strawberries	**07** Chicken & Wild Rice Casserole Garden Blend Veggies Banana
10 Pulled Pork on Bun Corn Stew Blend Veggies Oranges & Pineapple	**11** Chicken Florentine Cabbage & Noodles Parsley Cauliflower Fresh Grapes	**12** BBQ Beef Shortribs Company Potatoes Calico Beans Mixed Berries w/ Whip Lemon Bars	**13** Pesto Turkey Mediterranean Orzo Prince Edward Veggies	**14** Potato Chive Crusted Cod Cheesy Hashbrowns Brussels Sprouts Cinnamon Applesauce
17 Parmesan Chicken Herbed Penne Pasta w/ Marinara Italian Veggie Blend Tropical Fruit Salad	**18** Egg Salad Sandwich on Wheat Tomato Wedges Soft Marinated Broccoli Cottage Cheese & Diced Melon	**19** Bacon Cheeseburger Salad Tuscan Bread Croutons Dressing Banana	**20** Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi	**21** Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp
24 Pork Wings Scalloped Potatoes Sweet/Savory Veg Blend Mandarin Oranges	**25** Italian Baked Fish Lemon Dill Orzo Brussels Sprouts & Tomatoes Chilled Fruit Salad	**26** Beef Marzetti Peas & Carrots House Salad w/ Dressing Fruit Cocktail in Whip Topping	**27** Chicken Chow Mein Brown Rice Oriental Blend Veggies Cinnamon Pears	**28** BBQ Meatloaf Roasted Red Potatoes Southwest Corn Watermelon
31 Macaroni Hotdish Seasoned Zucchini Green & Gold Beans Deluxe Mixed Fruit				

Recipe for Heart Health

Salmon with Honey Balsamic Glaze

4 servings: **Serving Size:** 3 oz, **Calories:** 204 per serving, **Protein:** 24 gm per serving

- Cooking spray
- 1 1/2 tablespoons mayonnaise
- 1 1/2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 1/2 teaspoons sesame seeds
- 3/4 teaspoon dried oregano, crumbled
- 3/4 teaspoon olive oil
- 1 medium garlic clove, minced
- 4 salmon fillets (about 4 ounces each)

Fish Tip: You can substitute any fish for this dish that is rich in omega-3 fatty acids. Research has shown that fish high in omega-3 fatty acids is beneficial for heart health!

On the Side: Pair this dish with a delicious nutrient-dense salad or heart-healthy grains, such as, brown rice or quinoa.

1. Preheat the oven to 375°F. Lightly spray a shallow baking dish with cooking spray.
2. In a small bowl, whisk together the mayonnaise and vinegar until smooth. Whisk in the remaining ingredients except the fish.
3. Put the fish in the baking dish. Lightly spread the mayonnaise mixture over the top and sides of the fish. Bake for 15 to 20 minutes, or until the fish is cooked to the desired doneness.

Resource: https://recipes.heart.org/en/recipes/salmon-with-honey-balsamic-glaze

BUXTON (701-847-2069)

MONDAY	WEDNESDAY	FRIDAY
03 French Dip Tator Tots Seasoned Carrots Pear	**05** Swedish Meatballs Whipped Potatoes Peas with Dill Cherries	**07** Chicken & Wild Rice Casserole Garden Blend Veggies Banana
10 Pulled Pork on Bun Corn Stew Blend Veggies Oranges & Pineapple	**12** BBQ Beef Shortribs Company Potatoes Calico Beans Mixed Berries w/ Whip Lemon Bars	**14** Potato Chive Crusted Cod Cheesy Hashbrowns Brussels Sprouts Cinnamon Applesauce
17 Parmesan Chicken Herbed Penne Pasta w/Marinara Italian Veggie Blend Tropical Fruit Salad	**19** Bacon Cheeseburger Salad Tuscan Bread Croutons Dressing Banana	**21** Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp
24 Pork Wings Scalloped Potatoes Sweet/Savory Veg Blend Mandarin Oranges	**26** Beef Marzetti Peas & Carrots House Salad w/Dressing Fruit Cocktail in Whip Topping	**28** BBQ Meatloaf Roasted Red Potatoes Southwest Corn Watermelon
31 Macaroni Hotdish Seasoned Zucchini Green & Gold Beans Deluxe Mixed Fruit		

FINLEY (701-524-1818)

MONDAY	WEDNESDAY	FRIDAY
03 French Dip Tator Tots Seasoned Carrots Pear	**05** Swedish Meatballs Whipped Potatoes Peas with Dill Cherries	**07** Chicken & Wild Rice Casserole Garden Blend Veggies Banana
10 Pulled Pork on Bun Corn Stew Blend Veggies Oranges & Pineapple	**12** BBQ Beef Shortribs Company Potatoes Calico Beans Mixed Berries w/ Whip Lemon Bars	**14** Potato Chive Crusted Cod Cheesy Hashbrowns Brussels Sprouts Cinnamon Applesauce
17 Parmesan Chicken Herbed Penne Pasta w/Marinara Italian Veggie Blend Tropical Fruit Salad	**19** Bacon Cheeseburger Salad Tuscan Bread Croutons Dressing Banana	**21** Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp
24 Pork Wings Scalloped Potatoes Sweet/Savory Veg Blend Mandarin Oranges	**26** Beef Marzetti Peas & Carrots House Salad w/Dressing Fruit Cocktail in Whip Topping	**28** BBQ Meatloaf Roasted Red Potatoes Southwest Corn Watermelon
31 Macaroni Hotdish Seasoned Zucchini Green & Gold Beans Deluxe Mixed Fruit		

Word Twist

Gone Fishin'

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!

lagner _____

leer _____

tchca _____

koho _____

urel _____

dor _____

atib _____

ektacl _____

keal _____

tsgican _____

SEE BACK PAGE FOR SOLUTION

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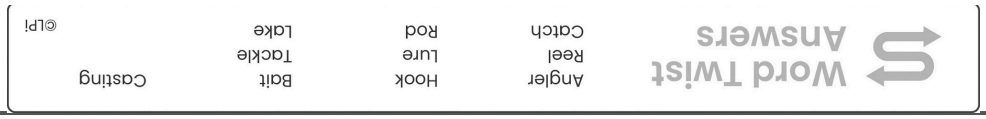
STEELE COUNTY TRANSIT - AUGUST 2026

Aneta - Buxton - Cooperstown - Hatton - Hillsboro - Northwood - Page - Mayville - Galesburg - Portland - Reynolds - Finley - Sharon - Hope - Rural Grand Forks County as noted

TO SCHEDULE A RIDE, CALL: 1 (800) 845-1715 OR (701) 636-5953 AT LEAST 2 DAYS IN ADVANCE.
THE COST FOR THESE RIDES IS $8.00 PER PERSON.

Rides will be provided on a first call, first serve basis. Hours spent in Fargo and Grand Forks will be between 9:30am to 2:30pm unless all riders are ready to leave earlier.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04 Grand Forks GF County	05	06	07 Fargo
10 Fargo	11 Fargo	12	13 Grand Forks GF County	10
13 Fargo	14 Grand Forks GF County	15	16	17 Fargo
20 Fargo	21	22 Fargo	23 Grand Forks GF County	24

Van Schedules: Two vans are available for individual appointments with one being accessible for mobility aids. These vans are available Monday thru Friday within Traill and Steele counties as well as to Fargo and Grand Forks.