LISBON MENU (701-683-4295)

See pages 4-7 for all site menus-info on ordering a meal for all sites on page 2

VALLEY SENIOR SERVICES 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 - SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	**02**	**03**	**04**
	Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges WG Biscuit	Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail WW Bread x2	Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin LS Crackers	Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill Chilled Peaches Wheat Bread x 2
07	**08**	**09**	**10**	**11** HOLIDAY MEAL
Garlic & Sage Chicken Breast Chive Mashed Potatoes Squash Casserole Pear Dinner Roll	Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup Dinner Roll	Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin WW Bread	Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie Dinner Roll
14	**15**	**16**	**17**	**18**
Sloppy joe WG Bun Peas & Carrots Tator Tots Blushing Pears	Orange Chicken Garlic Noodles Asian Blend Veggies Oranges in Whipped Topping Vegetable Egg Roll	Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana Wheat Bread x 2	Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple Dinner Roll	Beef Stew Cauliflower & Peas Fruit Cocktail WG Biscuit
21	**22**	**23**	**24**	**25**
Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp Breadstick	Lemon Pepper Fish Whipped Sweet Potato Italian Blend Veggies Mandarin Oranges Wheat Bread x 2	**Christmas Eve Closed** *If you would like to receive a Frozen Meal, please call 701-683-4295*	**Christmas Closed** *If you would like to receive a Frozen Meal, please call 701-683-4295*
28	**29**	**30**	**31**	Merry Christmas
Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit Dinner Roll	Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Wheat Bread	Chili w/ Beans Baked Potato Apple Sauce Wheat Bread	

ENDERLIN (701-437-2669)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**02** Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail	**03** Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin	**04** Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill Chilled Peaches
07 Garlic & Sage Chicken Breast Chive Mashed Potatoes Squash Casserole Pear	**08** Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	**09** Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup	**10** Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin	**11** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie
14 Sloppy joe w/WG Bun Peas & Carrots Tator Tots Blushing Pears	**15** Root Beer Ribs Hash Brown Casserole Corn Orange	**16** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana	**17** Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple	**18** Beef Stew Cauliflower & Peas Fruit Cocktail WG Biscuit
21 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	**22** Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp	**23** Lemon Pepper Fish Whipped Sweet Potato Italian Blend Veggies Mandarin Oranges	**24** Closed If you would like to receive a Frozen Meal, please call 701-437-2669	**25** Closed If you would like to receive a Frozen Meal, please call 701-437-2669
28 Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit	**29** Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	**30** Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots	**31** Chili w/ Beans Baked Potato Apple Sauce	

MEDICARE OPEN ENROLLMENT CLOSES DECEMBER 7

Protect Yourself from Scams During Medicare Open Enrollment

SCAMMERS TRY TO TRICK PEOPLE DURING OPEN ENROLLMENT. BE CAREFUL WITH MEDICARE ADS:
During Open Enrollment, you may see ads for Medicare plans. Some ads may feature celebrities or promise things like:

- "Free" health care
- No copays
- Money added back to your Social Security Check

These offers may sound great, but the details are important. Costs, benefits, doctors, and prescription coverage can be different from one plan to another. Take time to learn what the plan covers and what it will cost.

STOP. CHECK. PROTECT
If someone contacts you about Medicare and you are not sure if they are a real Medicare representative, do not give them your information. .

- Take your time. You do not have to decide right away.
- Check your current Medicare and prescription drug coverage. Compare plans before making a change.
- Use trusted sources to check information.

GET HELP COMPARING MEDICARE PLANS

- North Dakota Insurance Department will be available by telephone for enrollment assistance. They can be contacted at 701-328-2440 Option #1 or 1-888-575-6611.
- You can also visit Medicare.gov, the official U.S. government website for Medicare.
- Or call 1-800-MEDICARE (1-800-633-4227).

(www.ndcpd.org)

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MILNOR (701-427-9327)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**02** Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail	**03** Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin	**04** Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill Chilled Peaches
08 Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	**09** Fish & Chips Coleslaw Tartar Sauce / Lemon Wedge Tropical Fruit Cup	**10** Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin	**11** Ham / Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie
15 Garlic & Sage Chicken Breast Chive Mashed Potatoes Squash Casserole Pear	**16** Sloppy Joe / WG Bun Peas & Carrots Tator Tots Blushing Pears	**17** Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple	**18** Beef Stew Cauliflower & Peas Fruit Cocktail WG Biscuit
21 - Monday Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	**22 - Tuesday** Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp	**23 - Wednesday** Lemon Pepper Fish Whipped Sweet Potato Italian Blend Veggies Mandarin Oranges	**24 & 25** CLOSED If you would like to receive a Frozen Meal, please call 701-427-9327
28 - Monday Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit	**29 - Tuesday** Garlic Shrimp / Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	**30 - Wednesday** Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots	**31 - Thursday** Chili w/ Beans Baked Potato Apple Sauce

COGSWELL (701-724-3024) AND FORMAN (701-724-3928)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	01 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**02** Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail	**03** Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin
07 Garlic & Sage Chicken Breast Chive Mashed Potatoes Squash Casserole Pear	**08** Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	**09** Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup	**10** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie
14 Sloppy Joe w/WG Bun Peas & Carrots Tator Tots Blushing Pears	**15** Orange Chicken Garlic Noodles Asian Blend Veggies Oranges in Whipped Topping Vegetable Egg Roll	**16** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana	**17** Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple
21 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	**22** Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp	**23** Lemon Pepper Fish Whipped Sweet Potato Italian Blend Veggies Mandarin Oranges	**24** **CLOSED** *If you would like to receive* *a Frozen Meal, please* *call 701-678-3815*
28 Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit	**29** Garlic Shrimp / Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	**30** Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots	**31** Chili w/ Beans Baked Potato Apple Sauce

RUTLAND (701-724-4074)

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TUESDAY	WEDNESDAY	THURSDAY
01 Chicken Drumsticks / Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**02** Cheeseburger Pie / Glazed Sweet Potatoes Malibu Blend Veggies / Fruit Cocktail	**03** Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill / Chilled Peaches
08 Beef Stew / Cauliflower & Peas Fruit Cocktail	**09** Fish & Chips / Coleslaw / Tartar Sauce Lemon Wedge / Tropical Fruit Cup	**10** Ham / Glazed Sweet Potatoes Green Bean Casserole / Fresh Grapes / Pie
15 Sloppy Joe / WG Bun Peas & Carrots /Tator Tots Blushing Pears	**16** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts / Banana	**17** Meatloaf & Gravy / Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple
21 - Monday Beef Enchiladas / Southwest Corn Black Bean Salad / Mandarin Orange	**22 - Tuesday** Tortellini w/ Meat Sauce / 5 Way Veggies Broccoli & Cauliflower Salad / Berry Crisp	**23 - Wednesday** Lemon Pepper Fish / Whipped Sweet Potato Italian Blend Veggies / Mandarin Oranges
29 Garlic Shrimp / Angel Hair Pasta Broccoli Salad / Capri Blend Veggies Peach Applesauce	**30** Stuffed Cabbage Roll / Mashed Potatoes Seasoned Zucchini / Raspberry Gelatin	**31** Chili w/ Beans / Baked Potato Apple Sauce

GWINNER (701)-678-3815

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**02** Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail	**03** Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin	**04** Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill Chilled Peaches
07 Garlic & Sage Chicken Breast Chive Mashed Potatoes Squash Casserole Pear	**08** Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	**09** Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup	**10** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie	**11** Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin
14 Sloppy Joe w/WG Bun Peas & Carrots Tator Tots Blushing Pears	**15** Orange Chicken Garlic Noodles Asian Blend Veggies Oranges in Whipped Topping Vegetable Egg Roll	**16** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana	**17** Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple	**18** Beef Stew Cauliflower & Peas Fruit Cocktail WG Biscuit
21 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	**22** Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp	**23** Lemon Pepper Fish Whipped Sweet Potato Italian Blend Veggies Mandarin Oranges	**24** CLOSED If you would like to receive a Frozen Meal, please call 701-678-3815	**25** CLOSED *If you would like to receive a Frozen Meal, please call 701-678-3815*
28 Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit	**29** Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	**30** Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots	**31** Chili w/ Beans Baked Potato Apple Sauce	