# 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 |
|---|---|---|---|---|
| | **01** | **02** | **03** | **04** |
| | Lasagna Cheese Rollup<br>Caprese Salad<br>Squash Medley<br>Cherries<br>Garlic Toast | Cheeseburger Pie<br>Glazed Sweet Potatoes<br>Malibu Blend Veggies<br>Fruit Cocktail<br>WW Bread x2 | Roast Beef & Gravy<br>Garlic Mashed Potatoes<br>Peas w/Fresh Dill<br>Chilled Peaches<br>Wheat Bread x 2 | Broccoli Cheese Soup<br>Coleslaw<br>Cottage Cheese and Fruit<br>Bran Muffin<br>LS Crackers |
| **07** | **08** | **09** | **10** | **11** HOLIDAY MEAL |
| Garlic & Sage Chicken Thighs<br>Chive Mashed Potatoes<br>Squash Casserole<br>Pear<br>Dinner Roll | Pulled Pork on Bun<br>Rosemary Potatoes<br>Garden Blend Veggies<br>Strawberry Delight | Fish & Chips<br>Coleslaw<br>Tartar Sauce<br>Lemon Wedge<br>Tropical Fruit Cup<br>Dinner Roll | Savory Beef Tips<br>Parslied Noodles<br>Country Blend Veggies<br>Mixed Berries<br>Breadstick | Ham<br>Glazed Sweet Potatoes<br>Green Bean Casserole<br>Fresh Grapes<br>Pie<br>Dinner Roll |
| **14** | **15** | **16** | **17** | **18** |
| Italian Beef Sandwich<br>Paprika Potatoes<br>Creole Green Beans<br>Cinnamon Applesauce | Orange Chicken<br>Garlic Noodles<br>Asian Blend Veggies<br>Oranges in Whipped Topping<br>Vegetable Egg Roll | Seasoned Pork Roast<br>Roasted Red Potatoes<br>Roasted Brussel Sprouts<br>Banana<br>Wheat Bread x 2 | Meatloaf & Gravy<br>Onion Mashed Potatoes<br>Root Vegetable Medley<br>Blushing Pineapple<br>Dinner Roll | Philly Cheese Chicken Sandwich<br>Tator Tots<br>Corn Ribs<br>Tropical Fruit |
| **21** | **22** | **23** | **24** | **25** |
| Beef Taco Salad<br>Tortilla Chips<br>Salsa & Guacamole<br>Whole Orange | Tortellini w/ Meat Sauce<br>Broccoli & Cauliflower Salad<br>5 Way Veggies<br>Berry Crisp<br>Breadstick | Lemon Pepper Fish<br>Whipped Sweet Potato<br>Italian Blend Veggies<br>Mandarin Oranges<br>Wheat Bread x 2 | CLOSED<br>*If you would like to receive a Frozen Meal, please call 701-636-5954* | CLOSED<br>*If you would like to receive a Frozen Meal, please call 701-636-5954* |
| **28** | **29** | **30** | **31** | |
| Chicken Dijon<br>Summer Corn Pilaf<br>Stewed Tomatoes<br>Mixed Fruit<br>Dinner Roll | Garlic Shrimp<br>Angel Hair Pasta<br>Broccoli Salad<br>Capri Blend Veggies<br>Peach Applesauce | Sausage & Sauerkraut<br>Roasted Red Potatoes<br>Parslied Carrots<br>Apricots<br>Wheat Bread | Caprese Chicken<br>Lemon Dill Orzo<br>Green & Gold Beans<br>Strawberries<br>WW Bread | |



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

| MONDAY MAYVILLE | TUESDAY PORTLAND | WEDNESDAY MAYVILLE | THURSDAY PORTLAND | FRIDAY MAYVILLE |
|---|---|---|---|---|
| | **01**<br>Lasagna Cheese Rollup<br>Caprese Salad<br>Squash Medley<br>Cherries | **02**<br>Cheeseburger Pie<br>Glazed Sweet Potatoes<br>Malibu Blend Veggies<br>Fruit Cocktail | **03**<br>Roast Beef & Gravy<br>Garlic Mashed Potatoes<br>Peas w/Fresh Dill<br>Chilled Peaches | **04**<br>Broccoli Cheese Soup<br>Coleslaw<br>Cottage Cheese & Fruit<br>Bran Muffin |
| **07**<br>Garlic & Sage Chicken Thighs<br>Chive Mashed Potatoes<br>Squash Casserole<br>Pear | **08**<br>Pulled Pork on Bun<br>Rosemary Potatoes<br>Garden Blend Veggies<br>Strawberry Delight | **09**<br>Fish & Chips<br>Coleslaw<br>Tartar Sauce<br>Lemon Wedge<br>Tropical Fruit Cup | **10**<br>Savory Beef Tips<br>Parslied Noodles<br>Country Blend Veggies<br>Mixed Berries | **11**<br>Ham<br>Glazed Sweet Potatoes<br>Green Bean Casserole<br>Fresh Grapes<br>Pie |
| **14**<br>Italian Beef Sandwich<br>Paprika Potatoes<br>Creole Green Beans<br>Cinnamon Applesauce | **15**<br>Orange Chicken<br>Garlic Noodles<br>Asian Blend Veggies<br>Oranges in Whipped Topping<br>Vegetable Egg Roll | **16**<br>Seasoned Pork Roast<br>Roasted Red Potatoes<br>Roasted Brussel Sprouts<br>Banana | **17**<br>Meatloaf & Gravy<br>Onion Mashed Potatoes<br>Root Vegetable Medley<br>Blushing Pineapple | **18**<br>Philly Cheese Chicken Sandwich<br>Tator Tots<br>Corn Ribs<br>Tropical Fruit |
| **21**<br>Beef Taco Salad<br>Tortilla Chips<br>Salsa & Guacamole<br>Whole Orange | **22**<br>Tortellini w/ Meat Sauce<br>Broccoli & Cauliflower Salad<br>5 Way Veggies<br>Berry Crisp | **23**<br>Lemon Pepper Fish<br>Whipped Sweet Potato<br>Italian Blend Veggies<br>Mandarin Oranges | **24**<br>CLOSED<br>*If you would like to receive a Frozen Meal, please call 701-636-5954* | **25**<br>CLOSED<br>*If you would like to receive a Frozen Meal, please call 701-636-5954* |
| **28**<br>Chicken Dijon<br>Summer Corn Pilaf<br>Stewed Tomatoes<br>Mixed Fruit | **29**<br>Garlic Shrimp/Angel Hair Pasta/Broccoli Salad<br>Capri Blend Veggies<br>Peach Applesauce | **30**<br>Sausage & Sauerkraut<br>Roasted Red Potatoes<br>Parslied Carrots<br>Apricots | **31**<br>Caprese Chicken<br>Lemon Dill Orzo<br>Green & Gold Beans<br>Strawberries | |

# Part D Open Enrollment

## MEDICARE PART D 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)*

## BUXTON (701-847-2069)

| MONDAY | WEDNESDAY | FRIDAY |
|---|---|---|
| | **02**<br>Cheeseburger Pie<br>Glazed Sweet Potatoes<br>Malibu Blend Veggies<br>Fruit Cocktail | **04**<br>Broccoli Cheese Soup<br>Coleslaw<br>Cottage Cheese and Fruit<br>Bran Muffin |
| **07**<br>Garlic & Sage Chicken Thighs<br>Chive Mashed Potatoes<br>Squash Casserole<br>Pear | **09**<br>Fish & Chips<br>Coleslaw<br>Tartar Sauce<br>Lemon Wedge<br>Tropical Fruit Cup | **11**<br>Ham<br>Glazed Sweet Potatoes<br>Green Bean Casserole<br>Fresh Grapes<br>Pie |
| **14**<br>Italian Beef Sandwich<br>Paprika Potatoes<br>Creole Green Beans<br>Cinnamon Applesauce | **16**<br>Seasoned Pork Roast<br>Roasted Red Potatoes<br>Roasted Brussel Sprouts<br>Banana | **18**<br>Philly Cheese Chicken Sandwich<br>Tator Tots<br>Corn Ribs<br>Tropical Fruit |
| **21 – Monday**<br>Beef Taco Salad<br>Tortilla Chips<br>Salsa & Guacamole<br>Whole Orange | **22 – Tuesday**<br>Tortellini w/Meat Sauce<br>Broccoli & Cauliflower Salad<br>5 Way Veggies<br>Berry Crisp | **23 – Wednesday**<br>Lemon Pepper Fish<br>Whipped Sweet Potato<br>Italian Blend Veggies<br>Mandarin Oranges |
| **28**<br>Chicken Dijon<br>Summer Corn Pilaf<br>Stewed Tomatoes<br>Mixed Fruit | **29 – Tuesday**<br>Garlic Shrimp<br>Angel Hair Pasta<br>Broccoli Salad<br>Capri Blend Veggies<br>Peach Applesauce | **30 – Wednesday**<br>Sausage & Sauerkraut<br>Roasted Red Potatoes<br>Parslied Carrots<br>Apricots |

## FINLEY (701-524-1818)

| MONDAY | WEDNESDAY | FRIDAY |
|---|---|---|
| | **02**<br>Cheeseburger Pie<br>Glazed Sweet Potatoes<br>Malibu Blend Veggies<br>Fruit Cocktail | **04**<br>Broccoli Cheese Soup<br>Coleslaw<br>Cottage Cheese and Fruit<br>Bran Muffin |
| **07**<br>Garlic & Sage Chicken Thighs<br>Chive Mashed Potatoes<br>Squash Casserole<br>Pear | **09**<br>Fish & Chips<br>Coleslaw<br>Tartar Sauce<br>Lemon Wedge<br>Tropical Fruit Cup | **11**<br>Ham<br>Glazed Sweet Potatoes<br>Green Bean Casserole<br>Fresh Grapes<br>Pie |
| **14**<br>Italian Beef Sandwich<br>Paprika Potatoes<br>Creole Green Beans<br>Cinnamon Applesauce | **16**<br>Seasoned Pork Roast<br>Roasted Red Potatoes<br>Roasted Brussel Sprouts<br>Banana | **18**<br>Philly Cheese Chicken Sandwich<br>Tator Tots<br>Corn Ribs<br>Tropical Fruit |
| **21 – Monday**<br>Beef Taco Salad<br>Tortilla Chips<br>Salsa & Guacamole<br>Whole Orange | **22 – Tuesday**<br>Tortellini w/Meat Sauce<br>Broccoli & Cauliflower Salad<br>5 Way Veggies<br>Berry Crisp | **23 – Wednesday**<br>Lemon Pepper Fish<br>Whipped Sweet Potato<br>Italian Blend Veggies<br>Mandarin Oranges |
| **28**<br>Chicken Dijon<br>Summer Corn Pilaf<br>Stewed Tomatoes<br>Mixed Fruit | **29 – Tuesday**<br>Garlic Shrimp<br>Angel Hair Pasta<br>Broccoli Salad<br>Capri Blend Veggies<br>Peach Applesauce | **30 – Wednesday**<br>Sausage & Sauerkraut<br>Roasted Red Potatoes<br>Parslied Carrots<br>Apricots |

# Diabetes Statistics

New Cases

**1.2 million**

Americans are diagnosed with diabetes ever year

**38.4 million Americans have diabetes**



**1 out of 4 do not know they have it**



Diabetes remains the **8th leading cause of death** in the United States

## Diabetes Warning Signs

- Frequent Urination
  Increased Thirst
  Increased Hunger
  Extreme Fatigue
- Blurry Vision
- Cuts/Bruises that are slow to heal
- Weight Loss
- Tingling, pain, or numbness in the hands/feet

## Tips to Reduce Your Risk for Diabetes

- Make Healthy Food Choices
- Engage in Physical Activity
- Maintain a Healthy Body Weight
- Work with a Health Professional

*Resources: Centers for Disease Control and Prevention & Diabetes.org*