

February 2025

Wahpeton Senior Center

642-3033

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
<p>3</p> <p>Beef Stuffed Pepper Parslied Potatoes Zucchini Cranberry Peaches Bread x 1</p>	<p>4</p> <p>Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2</p>	<p>5</p> <p>Pork Wings Scalloped Potatoes Seasoned Snow Peas Cinnamon Bananas Dinner Roll</p>	<p>6</p> <p>RS Ham Baked Potato Mixed Veggies Deluxe Fruit Bread x2</p>	<p>7</p> <p>Mushroom Swiss Burger / Bun Potato Salad Broccoli Tangerine</p>
<p>10</p> <p>Tater Tot Casserole Green Beans Diced Pears Bread x1</p>	<p>11</p> <p>Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping Bread x2</p>	<p>12</p> <p>Country Fried Steak / Gravy Baby Baker Potatoes Beets Pineapple Dessert Dinner Roll</p>	<p>13</p> <p>Open Face Turkey Sandwich (bread x2) Chive Mashed Potatoes Peas & Carrots Snicker Apple Salad</p>	<p>14</p> <p>Chicken Tenders Macaroni & Cheese House Salad Fruit Cocktail Bread x1</p>
<p>17</p> <p>CLOSED If you would like to receive a frozen meal, please call the office at 642-3033.</p>	<p>18</p> <p>Cheese Tortellini / Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries Breadstick</p>	<p>19</p> <p>Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit Bread x2</p>	<p>20</p> <p>Beef Fajita Chips / Salsa Spanish Rice Southwest Corn Raspberries Dessert</p>	<p>21</p> <p>Philly Cheese Chicken Sandwich Tator Tots Capri Blend Veggies Banana</p>
<p>24</p> <p>Fish Sandwich / Bun / Tartar Sauce Au gratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce</p>	<p>25</p> <p>Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Roll Peach Crisp</p>	<p>26</p> <p>Supreme Pizza Casserole House Salad / Dressing Green Beans Oregano Apple Breadstick</p>	<p>27</p> <p>Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries</p>	<p>28</p> <p>Egg & Sausage Bake Hash Browns Asparagus Almondine Bread x1 / Jelly Blueberries</p>

February 2025

Abercrombie Senior Center

553-8459

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Stuffed Pepper Parslied Potatoes Zucchini Cranberry Peaches Bread x 1	4 Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	5 Mushroom Swiss Burger / Bun Potato Salad Broccoli Tangerine	6	7
10 Tater Tot Casserole Green Beans Diced Pears Bread x1	11 Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping Bread x2	12 Chicken Tenders Macaroni & Cheese House Salad Fruit Cocktail Bread x1	13	14
17 <p style="text-align: center;">CLOSED</p>	18 Philly Cheese Chicken Sandwich Tator Tots Capri Blend Veggies Italian Veggie Blend	19 Cheese Tortellini / Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries Breadstick	20 Beef Fajita Chips / Salsa Spanish Rice Southwest Corn Raspberries Dessert	21
24 Fish Sandwich / Bun / Tartar Sauce Au gratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce	25 Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Roll Peach Crisp	26 Supreme Pizza Casserole House Salad / Dressing Green Beans Oregano Apple Breadstick	27	28

February 2025**Hankinson Senior Center****242-7742**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	Beef Stuffed Pepper Parslied Potatoes Capri Blend Veggies Cranberry Peaches Bread x 1	RS Ham Baked Potato Mixed Veggies Deluxe Fruit Bread x2		Mushroom Swiss Burger / Bun Potato Salad Winter Blend Veggies Tangerine
10	11	12	13	14
Country Fried Steak / Gravy Green Beans Beets Pineapple Dessert Dinner Roll	Open Face Turkey Sandwich (bread x2) Chive Mashed Potatoes Prince Edward Veggies Snicker Apple Salad	Tater Tot Casserole Green Beans Diced Pears Bread x1		CLOSED
17	18	19	20	21
	Beef Fajita Chips / Salsa Italian Veggie Blend Southwest Corn Raspberries Dessert	Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit Bread x2		Philly Cheese Chicken Sandwich Tator Tots Capri Blend Veggies Banana
24	25	26	27	28
	Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Roll Peach Crisp	Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries		Supreme Pizza Casserole House Salad / Dressing Green Beans Oregano Apple Breadstick

February 2025

Lidgerwood Senior Center

538-4602

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3 Beef Stuffed Pepper Parslied Potatoes Zucchini Cranberry Peaches Bread x 1	4 Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	5	6 Mushroom Swiss Burger / Bun Potato Salad Broccoli Tangerine	7
10 Country Fried Steak / Gravy Green Beans Beets Pineapple Dessert Dinner Roll	11 Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping Bread x2	12	13 Chicken Tenders Macaroni & Cheese House Salad Fruit Cocktail Bread x1	14
17 CLOSED	18 Roast Beef & Gravy Dijon Red Potatoes Italian Veggie Blend Tropical Fruit Bread x2	19 Philly Cheese Chicken Sandwich Tator Tots Capri Blend Veggies Banana	20 Beef Fajita Chips / Salsa Spanish Rice Southwest Corn Raspberries Dessert	21
24 Fish Sandwich / Bun / Tartar Sauce Au gratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce	25 Supreme Pizza Casserole House Salad / Dressing Green Beans Oregano Apple Breadstick	26	27 Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries	28

February 2025

Wyndmere Senior Center

439-2907

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10 Tater Tot Casserole Green Beans Diced Pears Bread x1	11 Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping Bread x2	12	13 Open Face Turkey Sandwich (bread x2) Chive Mashed Potatoes Peas & Carrots Snicker Apple Salad	14
17 <p style="text-align: center;">CLOSED</p>	18 Cheese Tortellini / Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries Breadstick	19 Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit Bread x2	20 Beef Fajita Chips / Salsa Spanish Rice Southwest Corn Raspberries Dessert	21
24 Fish Sandwich / Bun / Tartar Sauce Au gratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce	25 Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Roll Peach Crisp	26	27 Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries	28